

SRI BALRAJ MAHARSHI'S
GRIHA VAIDYAM
(Ayurvedic Home Remedies)

Edited and Translated by
P.S. Sankara Reddy, I.F.S.,
and
Dr. M. Paramkush Rau M.D. (Ay).



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By
Sri Balraj Maharshi

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FOREWORD

It is with utmost devotion I dedicate this book, the fruitful outcome of my long experience in the field of Ayurveda, to the Lotus Feet of Lord Venkateswara but for whose Grace I could not have accomplished it. I deem it, therefore, a great privilege to be associated myself with Tirumala Tirupati Devasthanams as their Advisor in Ayurveda.

I am extremely grateful to Sri M.V.S. Prasad, I.A.S., former Executive Officer, T.T.D. who extended whole-hearted encouragement in the preparation of the book. I am grateful to the present Executive Officer, Sri D.V.L.N. Murthy, I.A.S., for getting the English version of the book published. I am also beholden to Sri P.S. Sankara Reddy, I.F.S., Dy. Conservator of Forests, T.T.D. and Chi. Dr. M. Paramkush Rau, Asst. Professor S.V. Ayurvedic College, Tirupati who patiently gathered relevant information from me translated and edited in a scientific manner.

I am hopeful that this booklet will be useful to the common man in general and rural masses in particular.

Subhamasthu!

Tirupati

March 13, 1993.

Balraj Maharshi.

PREFACE

Ayurveda is one of the most lasting contributions of our great acharyas and rishis to mankind. It is an indigenous system of medicine illustrious since centuries in India and it contains the essential, time-tested and proven knowledge handed down to us by the ancient sages. These realised souls perceived that this strange and mysterious phenomenon called life has some meaning and purpose in the cosmic scheme.

As a highly evolved system of medicine, Ayurveda deals not only with prevention and treatment of diseases but also with social and spiritual aspects of human existence. Unlike other systems of medicine, this wholly indigenous science creates a deeper awareness about temporal and psychic problems. It suggests how one can cope with them effectively through purposeful living and positive thinking. In essence, Ayurveda is not just a science of medicine; it is an all comprehensive study of life in all its variety and magnitude.

This book is the fruit of the exhaustive study and life long experience of Sri Balaraja Maharshi, one of the leading practitioners of Ayurveda. Many of the herbal remedies he developed for common ailments are highly efficacious and popular.

The book contains one hundred common disorders identified and arranged in an alphabetical order. Efforts have been made to screen his experiences for presenting in a palatable form. Scientific names accepted by Ayurvedicians for all the drugs are given and the controversy is avoided. Besides English names vernacular names in different languages like Hindi, Telugu, Kannada, Tamil, Malayalam, Gujarati, Punjabi, Bengali and Oriya are mentioned for the convenience of the user. Care

is taken to select easily available drugs in rural surroundings. Certain market drugs are listed in the appendix along with their trade names. Special attention is given to pick-up simpler methods of preparation.

It is widely admitted now that frequent administration of highly potent synthetic drugs may destroy the natural immunity system of human body. The remedies obtained through Nature's goodness are more effective, safer and economical too.

We have great pleasure to present this book a product of the rich and vast experience of Sri Balaraj Maharshi and expect an enthusiastic response from the readers.

Tirupati

26-2-92

P.S. Sankara Reddy, I.F.S.,

Dr. M. Paramkush Rau, M.D. (Ayu.)

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* * *

GRIHA VAIDYAM

1. Abdominal Colic :

Grind the fruit rind of Chebulic Myrabolon (*Terminalia chebula* Retz.) 3 grams, Jaggery 10 grams and Ghee 12 grams together into a paste. Take 2 to 3 grams of this mixture two times a day to get relief from colicky abdominal pains.

Terminalia chebula Retz. : English: Galnut; Sanskrit: Haritaki; Hindi: Harra; Telugu: Karaka; Tamil: Kadukkai; Malayalam: Katukka; Kannada: Arale; Marathi: Habra; Gujarati: Hirdo; Punjabi: Harrar; Bengali: Haritake; Urdu: Karedha

2. Abdominal Dropsy (Ascites) :

Take a quarter litre of fresh butter milk, mix with 12 grams of Long Peper (*Piper longum* L.) and 10 grams of Rock Salt, drink daily once early in the morning for a period of 30 days.

Piper longum L. : Eng. Long Peppper; San. Pippali; Hin. Pippal; Tel. Pippallu; Tam. Argadi; Mal. Pippali; Kan. Tippali; Mar. Pimpli; Guj. Pipli; Pun. Pipli; Fil; Ben. Pipla Mor; Ori. Baihe Ur. Pipul.

3. Abscence of Menstruation (Amennorhea) :

Eat two flowers of China Rose (*Hibiscus sinensis* L.) early in the morning for a period of 6 days to initiate periodical menstruation.

Hibiscus rosa-sinensis L.: Eng. China Rose; San. Japa; IIII Jasum; Tel. Mandara; Tam. Chembarathi; Kan. Dasaia Gida; MAL Jasund.

4. Allergic Eruptions (Urticaria) :

(i) Take 1 IIII grams of powdered Neem leaves (*Azadirachta indica* A. Juss) mixed with honey, two times a day to be free from allergic eruptions.

Azadirachta indica A. Juss: Eng. Neem tree; San. Nimba; Hin. Nim; Tel. Vepa; Tam. Vembu; Mal. Veppu; Kan. Bevu; Mar. Limba; Guj. Limba; Ben. Nim; Ur. Neem.

(ii) Take 1 to 2 grams III Indian goosberry (*Emblica officinalis* Gaertn.) fruit powder mixed with ghee, for two III three times a day.

Emblica officinalis Gaertn. : Eng. EMBLIII Myrabolon; San. Aamalaki; Hin. Amla; Tel. Usirika; Tam. Amalagam; MAL Neeli; Kan. Nelli; Mar. Avala; Guj. Amla; Pun. Ambli; Ben. Amla; Ori. Khondona; Ur. Anwala.

5. Allergic Itching :

Apply externally the paste prepared by mixing equal parts of Neem leaves (*Azadirachta indica* A. Juss) and Turmeric powder (*Curcuma longa* L.) to get relief from itching.

Azadirachta indica : Eng. **Neem** tree; San. Nimba; Hin. Nim; Tel. Vepa; Tam. Vembu; Mal. Veppu; Kan. Bevu; Mar. Limba; Guj. Limba; Ben. Nim; Ur. Neem.

Curcuma longa L. : Eng. Turmeric; San. Haridra; Hin. Haldi; Tel. Pasupu; Tam. Manjal; Mal. Manjal; Kan. Arisin; Mar. Halad; Guj. Haldhar; Ben. Halud; Ur. Haldi.

6. Alopecia (Baldness) :

Apply the paste prepared by grinding **fresh** total plant of Bhangra (*Eclipta alba* (L.) Hassk.) **over** the head regularly. This recipe will cure Alopecia and encourage growth of new hair.

Eclipta alba (L.) Hassk.: San. Bhringaraya; Hin. Babri; Tel. Gunta Galagara; Tam. Kaikashi; Mal. Kurumak Jantak; Kan. Karagada Sappu; Mar. Bangra; Guj. Bhangra; Ben. Keshori; Ori. Kesarda; Ur. Bhangra.

7. Anaemia :

(i) **Grind** equal parts of Chebulic myrabolan fruit (*Terminalia chebula* Retz.) and Jaggery in to powder. Take 1 to 2 grams of powder two times a day regularly to control Anaemia.

Terminalia chebula **Rufa** : Eng. Galnut; San. Haritaki; Mal. Katukka; Hin. Harra; Tel. Karaka; Tam. Kadukka; Kan. Arale; Mar. Habra; Guj. Hirdo; Pun. Harrar; Ben. Haritake; Ur. Karedha.

(ii) Take 100 to 250 ml. of Sugar cane juice (*Saccharum officinarum* L.) three times a day regularly to recover from anaemia.

Saccharum officinarum L. : Eng. Sugarcane; San. Ikshu; Hin. Ganna; Tel. Cheruku; Tam. Karumbu; Mal. Karimbu; Kan. Khabbu; Mar. Kabbo; Guj. Sherdi; Pun. Ganna; Ben. Ganna; Ori. Ikhyu; Ur. Gana.

8. Anorexia (Loss of Appetite) :

(i) Cut half inch piece of Fresh ginger (*Zinzeber officinale* Roscoe) stuffed with comman salt regularly before the meals.

Zinzeber officinale Roscoe : Eng. Ginger; San. Aardraka; Hin. Adrak; Tel. Allamu; Tam. Inji; Mal. Inji; Kan. Alla ; Mar. Ale; Pun. Adrak; Ben. Ada; Ori. Sunthi; Ur. Adaraka.

(ii) Take Dry grapes (*Vitis vinifera* L.); Chebulic Myrabolon (*Terminalia chebula* Retz.) and Crystal Sugar in equal quantities and pound them together. Take 2 to 3 grams of this powder with luke warm water twice daily. This will remove tastelessness and increase appetite.

Vitis vinifera L. : Eng. Grape; San. Draksha; Hin. Angur; Tel. Dhraksha; Tam. Dhrakshai; Mal. Drakashai; Kan. Drakshe; Mar. Drakasha; Guj. Drakasha; Pun. Angur; Ben. Angur phal; Ori. Drakya; Ur. Angur.

Terminalia chebula Retz. : Eng. Galnut; Mar. Haritaki; Hin. Harra; Tel. Karaka; Tam. Kadukkai; Mal.

Katukta: Kan. Arale; Mar. Habra; Guj. Hirido;
Pun. Harrar; Ben. Haritake; Ur. Haredha.

9. Asthma :

(i) Mix a fruit of yellow and short variety plantain (*Musa sapientum* L.) with little cow's urine. Take this mixture internally to get relief from Asthmatic attack.

Musa sapientum L. : Eng. Plantain (Amruthapani variety); San. Kadali; Tel. Amruthapani; Hin., Mar., Guj. Kela; Ben. Kala; Tam. Kadalai; Mal. Vala; Kan. Vali.

(ii) Put 5 to 10 drops of Neem seed oil (*Azadirachta indica* L.) in a betel leaf and close it. Eat it two times in a day to get relief from Asthma with in a week.

Azadirachta indica L.: Eng. Neem Tree; San. Nimba; Hin. Neem; Tel. Vepa; Tam. Vembu; Mal. Veppu; Kan. Bevu; Mar. Limba; Guj. Limba; Ben. Nim; Ur. Neem.

(iii) Eat seeds of Soapnut (*Sapindus emarginatus* L.) regularly to control Asthma.

Sapindus emarginatus L. : Eng. Soapnut; San. Arishta; Hin. Ritha; Tel. Kunkudu; Tam. Naikot-tan; Mal. Urvanji; Kan. Arlakai; Mar. Rita; Guj. Aritha; Ben. Ritha; Ori. Ritha; Ur. Ritha.

(iv) Take a cup of Coffee (*Coffea arabica* L.) seed decoction regularly early in the morning on empty stomach to get relief from Asthma.

Coffea arabica L.: Eng. Coffee; San. ~~Milam~~ phala; Hin. Kafi; Tel. Kapi vittulu; Mal. Bannu; Guj. Can; Mar. Caf; Ben. Kafi.

(v) Take fresh flowers of Gigantic Swallow wort (*Calotropis gigantea* (L.) R.Br. ex Ait.) and Black pepper (*Piper nigrum* L.) in equal quantities and make a fine paste. Make small pills of 400 m.grs. and dry them. One pill two times a day will give relief from Asthma.

Calotropis gigantea (L.) R.Br. ex Ait. Eng. Gigantic Swallow wort; San. Svetaarka; Hin. Aak; Tel. Jilledu; Tam. Erukku; Mal. Erikka; Kan. Ekka; Mar. Aak; Guj. Aakdo; Pun. Aak; Ben. Aakana;

Piper nigrum L. Eng. Black pepper; San. Maricha; Kan. Olle Menasu; Hin. ~~Qol~~ mirch; Tel. Miriyalu; Tam. Arish; Mal. Kolakam; Mar. Kali Mirch; Guj. Kala marg; Pun. Gol mirchi; Ben. Golmo mirch; Ori. Golom Richo; Ur. Kali mirch.

10. Back Ache :

Add three ~~tes~~ ~~spoons~~ of Lime water (*Citrus medica* var. *acida*) in a glass of fresh Butter Milk and ~~take~~ daily early in ~~the~~ morning for relief from back ache.

Citrus medica var. ~~acida~~ watt. Eng. Lime; San. Nimbookam; Hin. Neembu; Tel. Nimma; Tam. ~~Nim~~ michchou; Kan. Limbe; Mar. Limbu; Guj. Limbu; ~~Ben.~~ Kagadi Lembu; Ur. Neembu.

11. Bald Head :

(i) Cook ~~the~~ ~~leaves~~ of the red wood (*Adenathera*

Pavonia L.) in gingily oil apply regularly on the head to get new hair on the Bald head.

Adenanthera Pavonia L.: Eng. Red wood; San. Kuchandan; Hin. Barigumchi; Tel. Bandi Gurivenda; Tam. Tilagam; Mal. Manjati; Kan. Munjuti; Mar. Thorka Gunj; Guj. Badigunchi; Ben. Ranjana; Ori. Sokakainjo

(ii) Make paste of Custard apple seeds (*Annona squamosa L.*) with goat's milk and apply over the head regularly to get new hair.

Annona squamosa L.: Eng. Custard Apple; San. Krishna Bheeja; Hin. Sitaphal; Tel. Sithaphalamu; Tam. Sitaphalam; Mal. Sitaphalam; Kan. Sitapala; Mar. Sitaphal; Guj. Sitaphal; Ben. Luna; Ori. Sitapalo.

12. Bed Wetting :

(i) Give half a gram of Indian colza powder (*Brassica campestris var. sarson Prain.*) mixed with milk before going to bed in the night to the child for a week to check bed wetting.

(ii) Dry the seeds of Indian Colza (*Brassica campestris, var. sarson Prain*) and powder them. Give one gram powder mixed with the first morsel of food at the time of lunch and dinner to the elders suffering with this problem.

Brassica campestris var. sarson Prain. Eng. Indian colza; San. Sarsapa; Hin. Sarson; Ben. Sarisa; Mal. Shirshi; Guj. Sarasav; Tel. Avaalu; Tam. Kadugu; Kan. Sasave.

13. Breast Milk Promotion :

(i) Give fine powder of Cotton seeds (*Gossypium herbaceum* L.) in the doses of 1 to 2 grams to recently delivered mother with hot milk to augment the production of Breast milk.

Gossypium herbaceum L. : Eng. Indian Cotton; ~~Mal.~~ Karpas; Hin. Kapas; Tel. Patti; Tam. Karbasam; Mal. Karppas; Kan. Hatti; Guj. Kapas; Pun. Rui; Ben. Tula; Ori. Karpaso; Ur. Rui.

(ii) Cook 5 to 10 grams of Barley (*Hordeum vulgare* L.) in a quarter litre of milk and add sugar according to the need. Take this recipe regularly to increase breastmilk.

Hordeum vulgare L. : Eng. Barley; San. Yava; ~~Mal.~~ Jawa; Tel. Barli Biyyam; Tam. Barli Arisi; Kan. Java Godhi; Mal. Java; Pun. Buza; Ben. Jab.

(ii) Fry cumin seeds (*Cuminum cyminum* L.) to dark brown colour on hot pan and powder. Give 1 to 2 grams of powder two times a day mixed with Ghee. This will also clean the womb of the mothers delivered recently.

Cuminum cyminum L. : Eng. Cumin; San. Jiraka; Hin. Zira; Tel. Jilakarra; Tam. Shiragam; Mal. Jirakam; ~~Ben.~~ Jirange; Mar. Jiregare; Guj. Jiru; Ben. Jira; Ur. Jirah.

14. Burns and Scalds :

(i) Apply the fresh juice of Indian Aloe (*Aloe barbadensis* Mill. L.) on the burns immediately for instant relief and healing.

Aloe barbedensis Mill. L : Eng. Aloe; San. Kumari; Hin. Kumari; Tel. Manchi kalabanda; Tam. Angan; Mal. Chinni Nayakam; Kan. Brahmi; Mar. Kunvar pata; Guj. Kunvar; Ben. Ghrita Kumari; Ori. Kumari; Ur. Ghiqwara

(ii) Paste the leaves of Jamun tree (*Syzygium cumini* (Linn.) Skeels. S.) (100 grams) and fry it in 500 grams of mustard oil (*Brassica juncea* L.). Apply the oil externally on the burnt wounds for early healing.

Syzygium cumini (Linn.) Skeels. S.: Eng. Black plum; San. Jambu; Hin. Jamun; Tel. Neredu; Tam. Arugudam; Mal. Naga; Kan. Neralu; Mar. Jambul; Guj. Jambu; Ben. Jam; Ori. Jamo; Ur. Jaman.

Brassica juncea L : Eng. Indian mustard; Hin. Raayee; Ben. Rayi; Mal. Rayi; Guj. Rayi; Kan. Sasi; Tel. Avaalu; Tam. Kadugu

(iii) Mix 3 parts of Lin seed oil (*Linum usitatissimum* L.) and 1 part of Lime water (*Calcium hydroxide*) and stir it into emulsion. Apply this emulsion on the burns for early healing.

Linum usitatissimum L : Eng. Flax; San. Atasi; Hin. Alsi; Tel. Avisi; Tam. Alshi; Mal. Cheruchana vittin-jevilta; Kan. Alsi; Mar. Alashi; Guj. Alshi; Pun. Alish; Ben. Masina; Ori. Pegu; Ur. Alasi.

15. Child convulsions :

(i) Put two to three drops of breast milk in the

nostrils of the child for a period of 40 days. Convulsions will be subsided.

(ii) Let the child swallow two or three drops of Neem seed oil (*Azadirachta indica* A. Juss.) to cure convulsions.

Azadirachta indica A. Juss.: Eng. Neem tree; Kan. Nimba; Hin. Neem; Tel. Vepa; Tam. Vambu; Mal. Veppu; Kan. Bevu; Mar. Limba; Guj. Limba; Ben. Nim; Ur. Neem.

(iii) Make the child to smell crushed Onions (*Allium cepa* L.) or Eucalyptus oil (*Eucalyptus globulus* Labill.) during the attack for an early recovery.

Allium cepa L. : Eng. Onion; San. Palandu; Hin. Piyaz; Tel. Nirulli; Tam. Irulli; Mal. Bawang; Kan. Nirolli; Mar. Kanda; Guj. Dongari; Ben. Piyaj; Ur. Piyaz.

Eucalyptus globulus L. Eng. Bluegum; Tam. Karpuramaram; Kan. Nilagiri Taila; Guj. Nilagiri taila.

16. Cholera :

(i) Burn the Black Henbane seeds (*Hyoscyamus niger* L.) into ash and mix with equal amount of Sugar. A gram of this mixture given hourly, will control the disease effectively.

Hyoscyamus Niger L. : Eng. Black Henbane; Ben. Parasikayavani; Hin. Khurasania jvayan; Tel. Kurasanvamu; Tam. Kurasani vaman; Kan. Khurasan voma; Mar. Khorasani vova; Guj. Kho-

rasani Ajuan; Pun. Bangid Ecoaha; Ben. Khorasana-
ajowan; Ur. Khorasamya jwati.

(ii) Give frequently Lemon juice (*Citrus medica* ~~acid~~
acida Watt) 30 to 60 ml. each time to the patients suffering
with cholera.

(iii) Take juice of two lemons (*Citrus medica* ~~acid~~
acida Watt.) along with meals daily to prevent attack of
cholera.

Citrus medica var *acida* Watt. : Eng. Acid lime; ~~San.~~
Nimbuka; Hin. Nimbu; Tel. Nimma; Tam. Ambu;
Mal. Danta hashkam; Kan. Limbe; Mar. Limbu;
Guj. Nimbu; Ben. Camral Nebu; Ori. Nimbu; Ur.
Limon Kaghzi.

(iv) Mix the paste of Sandal wood (*Santalum al-*
bum.L.) with breast milk. Use it as nasal drops (4 to 5
drops) to control hiccoughs in Cholera patients.

Santalum album L. : Eng. Sandal wood; San. Sveta
chandan; Hin. Chandan; Tel. Sree gandham; Tam.
Chandanam; ~~Mal.~~ Chandanam; Kan. Sreegandam;
Mar. Chandan; Guj. Sukhud; Pun. Chandan; Ben.
Chandan; Ori. Chondone; Ur. Sandal safeed.

17. Colic during digestion :

Mix 5 to 10 ml Garlic leaf juice (*Allium sativum* L.)
with equal quantity of Honey. Take two times a day to
get relief from uncontrollable colic during digestion.

Allium sativum L. : Eng. Garlic; San. Lashuna; Hin.
Lasan; Tel. Vellulli; Tam. Vellaippandu; Mal.

Lasuna; Kan. Belluli; Mar. Lasun; Guj. Lasun; Ban. Lasun; Ur. Lehsun.

18. Conception promoters for Ladies :

Take four grams of Popul fruit powder (*Ficus religiosa* L.) with hot milk every night for a period of 10 days. It will help woman to conceive.

Ficus religiosa L. : Eng. Peepul; San. Ashvattha; Hin. Didal; Tel. Ravi; Tam. Asvvattam; Mal. Ashvathan; Kan. Aswatha; Mar. Pimpala; Guj. Pipul; Pun. Pipal; Ben. Ashathwa; Ori. Osto; Ur. Pipal

19. Conjunctivitis :

(i) Use riped leaf juice of Ceylon Jasmine (*Tabernaemontana coronaria* R.Br.) 10 eye drops.

Tabernaemontana coronaria R.Br.: Eng. Vax Flower; San. Nandivardhana; Tel. Nandivardhanam; Tam. Nandi vattam; Mal. Kuttampale; Kan. Nandi batlu; Mar. Sagar; Guj. Sagar; Ben. Chameli; Ori. Molli phulana; Ur. Tagar.

(ii) Boil two grams of Chebulic Myrobilon powder (*Terminalia Chebula* Retz.) in 100 ml of milk and take internally two times a day.

Terminalia chebula Retz.: Eng. Galnut; San. Haritaki; Hin. Harra; Tel. Karaka; Tam. Kadukkai; Mal. Katukka; Kan. Arale; Mar. Habra; Guj. Hirdo; Pun. Harrar; Ben. Haritake; Ur. Karedha

20. Constipation :

i) Eat 1 to 2 dry Date fruits (*Phoenix dactylifera* L.) daily early in the morning for relief from constipation.

Phoenix dactylifera L. : Eng. Arabian Detepalm; San. Pinda Kharjura; Hin. Khajur; Tel. Kharjuramu; Tam. Kuruvam; Mal. Ettappalam; Kan. Karjura; Mar. Kharjura; Guj. Khajur; Pun. Khiji; Beng. Khajur; Ori. Khorjjuri; Ur. Khurma

ii) Cook each 40 Grams of Rice (*Oryza sativa* L.) Crystal sugar and Dry Rose Petals (*Rosa centifolia* L.) in half litre of milk and add 40 Grams of Ghee to it. Take this recipe to induce purgation. Purgations can be continued by drinking normal water and stopped by hot water.

This procedure followed once in two months will prevent all stomach disorders.

Oryza sativa L. : Eng. Rice; San. Dhanya; Hin. Chaval; Tel. Vari; Tam. Arisi; Mal. Ari; Kan. Akki; Mar. Tandhla; Guj. Chokha; Pun. Tai; Beng. Chal; Ori. Chavl.

Rosa centifolia L. : Eng. Pale Rose; San. Tharuni; Hin. Gulab; Tel. Gulabi; Tam. Irosa; Mal. Gulaba; Kan. Gulabi; Pun. Gulab; Beng. Golab.

iii) Boil Barley (1 part) (*Hordeum vulgare* L.) in water (12 parts) to prepare Barley water. Drink 200 ml. Barley water daily adding 1 to 2 table spoons of Honey to have unstrained defecation.

Hordeum vulgare L. : Eng. Barley; San. Yava; ~~Mal.~~ Jawa; Tel. Barli Biyyam; Tam. ~~Barli~~ Yarisi; Kan. Java Godhi; ~~Mal.~~ Java; Pun. Buza; Ben. Jab.

iv) Eat riped Papaya fruits (*Carica papaya* L.) early in the morning daily.

Carica papaya L. : Eng. Papaya; ~~Mal.~~ Erandakarkati; ~~Mal.~~ Papaya; Tel. Boppayi; Tam. Pappayi; Mal. Pappalam; Kan. Parangi; ~~Mar.~~ Papaya; Guj. Chibda; Ben. Papeya; Ori. Popaya; Ur. Erand Kharbujah.

(v) Bread or Chapati prepared with whole wheat flour (unbolted flour of *Triticum Sativum* Lam). eaten regularly will prevent and ~~remove~~ constipation in a natural way. This method is ~~more~~ beneficial than using medicines.

Triticum sativum Lam. : Eng. Wheat; San. Godhuma; Hin. Gehun; Tel. Godhumalu; Tam. Godhumai; Ben. Gam; Guj. Gevu; Mar. Gahun; Kan. Godhi.

(vi) Prepare powder with equal quantities of Bishop's weed (*Carum capticum* Benth. & Hook.) and Bidalavanam (A type of salt). Take daily 3 Grams of powder mixed with 250 ml. of fresh butter milk, to get relief from constipation.

Carum capticum Benth. & Hook. : Eng. Bishop's Weed; San. Yavani; Hin. Ajowan; Tel. Vamu; Tam. Amam; Kan. Oma; Mar. Owa; Guj. Ajamo; Ben. Jowan; Urd. Ajwan.

21. Contraception (For Women) :

Grind 10 ~~to 15~~ Gms of fresh Couch grass (*Cynodon dactylon* (L.) Pers.) with water and give ~~to~~ women immediately after delivery ~~to~~ prevent future pregnancy.

Cynodon dactylon (L.) Pers. : Eng. Bermuda Grass; San. Durva; ~~Hin.~~ Dubra; Tel. Nalla Garica; Tam. Arugam Pillu; Mal. Garica Hullu; Mar. Durva; Guj. Gharo; Pun. Daurva; ~~Ban.~~ Dubla; Ur. Dub.

22. Cough and common cold:

(i) ~~Mix~~ 10 gms. common salt, 25 gms. of Wheat (*Triticum aestivum* Lam.) ~~and~~ 25 gms. of Jaggery and prepare a sweet confection by heating. 1 ~~gm.~~ of confection is given to children to reduce cough ~~and~~ common cold.

Triticum aestivum Lam.: Eng. Wheat; San. Godhuma; Hin. Gehun; Tel. Godhumalu; Tam. Godhumai; Ben. Gam; Guj. Gevu; Mar. Gahun; ~~Kan.~~ Godhi.

(ii) ~~Add~~ 2 gms. of Turmeric powder (*Curcuma longa* L.) to 1/2 ~~cup~~ of milk ~~and~~ drink twice a day.

Curcuma longa L.: Eng. Turmeric; ~~San.~~ Haridra; Hin. Haldi; Tel. Pasupu; ~~Tam.~~ Manjal; Mal. Manjal; Kan. Arshina; Mar. Halede; Guj. Halada; Ben. Haldi; Ur. Haladi.

(iii) Prepare ~~small~~ pills (130 gms.) by pounding 10 gms. Neem leaves, (*Azadirachta indica* A. Juss.) and 5 gms. of black pepper (*Piper nigrum* L.). Two pills two times a day with ~~hot water~~ will provide relief.

Azadirachta indica A. Juss.: Eng. **Neem** tree; San. Nimba; Hin. Neem; Tel. Vepa; Tam. Vembu; Mal. Veppu; Kan. Bevu; Mar. Limba; Guj. Limba; Ben. Nim; Ur. Neem.

Piper nigrum L.: Eng. Black Pepper; San. Maricham; Hin. Golmirch; Tel. Miriyalu; Tam. Arish; **Mal.** Kolakam; **Mar.** Kali Mirch; Guj. Kala Miri; Pun. **Guj.** Mirchi; Ben. Golmo Mirch; Ori. Golomiricho; Ur. Kali Mirch .

■ Crack Feet:

(i) Apply the milky secretion obtained from Banian tree (*Ficus bengalensis* L.) to the cracks regularly.

Ficus bengalensis L.: Eng. Banyan Tree; **San.** Vata; Hin. Bar; Tel. Marri; Tam. Alam; Mal. Vajam; Kan. Vata; **Mar.** Vada; Guj. Vad; Pun. Bera; **Ben.** Bar; Ori. Boro; Ur. Bargoda.

(ii) Apply gummy exudate of Mango tree (*Mangifera indica* L.) on the cracked feet.

Mangifera indica L.: Eng. Mango Tree; San. Amra; Hin. Am; Tel. Mamidi; Tam. Iradam; Mal. Mavu; Kan. Rasala; **Mar.** Amba; Guj. Amri; Pun. Am; Ben. Am; Ori. Ambo; Ur. Amba.

24. Deafness:

Use ■ ■ ■ drops of fresh juice extracted from the

root of Indian Colosynth (*Citrullus colocynthis* Scharad.) as ear drops.

Citrullus colocynthis Scharad.: Eng. Colocynth; ~~San.~~ Indra varuni; Hin. Indrayan; ~~Mal.~~ Rakhasha; ~~Mal.~~ Indravan; Mal. Thusan bel; Guj. Indravana; ~~Kan.~~ Hamekke; Tel. Eti puccha; Tam. Peyakkumutti; Ass. Injal.

25. Diabetes:

(i) Crush 12 grams cotton seeds (*Gossypium herbaceum* L.) into coarse powder and boil in a litre of ~~water~~ to prepare decoction. Daily take ~~this~~ decoction to control diabetes in ~~10~~ days.

Gossypium herbaceum L.: Eng. Indian Cotton; ~~San.~~ Karpasa; Hin. Kapas; Tel. Patti; Tam. Karbasam; ~~Mal.~~ Karppas; Kan. Hajji; Guj. Kapas; Pun. Rui; Ben. Tula; Ori. Karpaso; Ur. Rui.

(ii) Boil Jambul seeds (*Syzygium cumini* (Linn.) ~~Scheels~~ S.) in water to prepare decotion like ~~coffee~~ and mix it with milk. Take ~~this~~ recipe daily ~~to~~ control Diabetes.

Syzygium cumini (Linn.) ~~Scheels~~ S. : Eng. ~~Black~~ Plum; San. Jambu; Hin. Jamun; Tel. Neredu; Tam. Arugudem; ~~Mal.~~ Naga; Kan. Neralu; Mar. Jambul; Guj. Jambu; Ben. Jam; Ori. Jamo; Ur. Jaman.

(iii) Walk daily ~~three~~ miles early in the morning and ~~drink~~ the juice of ~~three~~ Orange fruits (*Citrus reticulata* Blanco.). It will give effective results in 40 days.

Citrus reticulata Blanco.: Eng. Orange; San. Narangah;
 ■■■ Narangi; Ban. Kamalanebu; Mar. Naring;
 Guj. Narangi; Tel. Narinja.

(iv) Soak overnight a piece of Indian Kine wood
(Pterocarpus marsupium Roxb.) in ■ glass of water. Drink
 that coloured water early in the morning regularly. A piece
 of wood can ■ used for 5 days.

Pterocarpus marsupium Roxb.: Eng. Indian Kinotree;
 San. Bijaka; Hin. Bijasal; Tel. Yegisa; Tam.
 Kurinji; Mal. Karin Takar; Kan. Bibla; Mar. Bibla;
 Guj. Bibla; ■■■ Pitsal; Ori. Piyasolo; Ur. Damula
 Khvain.

26. Diarrhoea :

(i) Give 2 to 3 Grams of pomegrenate tree ■■■
 powder (*Punica grantum L.*) in the morning and evening
 to control Diarrhoea.

Punica granatum L.: Eng. Pomegranete; San. Dadima;
 Hin. Dhalim; Tel. Danimma; Tam. Madulam;
 Mal. Dadimam; Kan. Dalimba; Mar. Dalimba;
 Guj. Dadam; Ben. Dalimgachh; ■■■ Dalimba; Ur.
 Anar.

(ii) Eat Papaya fruit (*Carica papaya L.*) regularly to
 get relief from uncontainable Diarrhoea.

Carica papaya L. : Eng. Papaya; San. Eranda karkati;
 Hin. Papaya; Tel. Boppayi; Tam. Pappayi; ■■■

Pappalam; Kan. Parangi; Mar. Papaya; Guj. Chibda; Ben. Papaya; Ori. Popaya; Ur. Erand Kharbujah

(iii) Mix the gum of silk cotton tree (*Bombax malabaricum* DC.) and crystal sugar in equal quantities and powder them. One grain of powder given with water two times a day will control all sorts of Diarrhoea in children.

Bombax malabaricum DC. : Eng. Silk Cotton tree; Kan. Salmali; Hin. Semar; Ben. Shinul Gach; Mar. Kante sanvar; Guj. Shomalo; Tel. Buruga chettu; Tam. Shalvaghu; Mal. Shemal.

27. Diptheria :

Give 2 tea spoons of Betal leaf juice (*Piper betle* L.) once in hour regularly for relief in Diptheria.

Piper betle L. : Eng. Betel Leaf; Kan. Nagavalli; Hin. Pan; Tel. Tamalapaku; Tam. Thambulam; Mar. Thambulam; Mar. Pan; Guj. Nagurvil; Ben. Pan; Ori. Chhonchi Pane; Ur. Pan.

28. Dysentery with blood :

(i) Drink Butter milk alone to stop Dysentery associated with blood.

(ii) Short and sweet variety of plantains (*Chinia* type of *Musa sapientum* L.) are to be eaten, followed by a cup of milk.

***Musa sapientum* L. :** Eng. Plantain; Tel. Amruthapani (Amruthapani variety).

(iii) Crystal Sugar, Honey and Cow's butter are mixed in equal quantities and taken frequently to control ~~illness~~ dysentery.

29. Dysentery with Mucous :

(i) 4 Grams of Mango seed powder (*Mangifera indica* L.) is mixed with butter milk and taken frequently to get relief from mucoid dysentery.

***Mangifera indica* L. :** Eng. Mango tree; San. Amra; Hin. Aam; Tel. Mamidi; Tam. Iradam; Mal. Mavu; Kan. Rasala; Mar. Amba; Guj. Amri; Pun. Am; Ben. Am; Ori. Ambe; Ur. Amba.

(i) Tips of Baniyan tree's hanging roots (*Ficus bengalensis* L.) are rubbed to a paste. 6 grams of paste is taken mixed with butter milk to control dysentery associated with mucous and blood, and diarrhoea.

***Ficus bengalensis* L. :** Eng. Banyan Tree; San. Vata; Hin. Bar; Tel. Marri; Tam. Alam; Mal. Vajam; Kan. Vata; Mar. Vada; Guj. Vad; Pun. Bera; Ben. Bara; Ori. Boro; Ur. Bargoda.

(iii) Mix one or two table spoons of cow's ghee in a glass of hot water and take regularly to get complete relief from dysentery associated with blood and mucous.

30. Dysuria:

(i) Paddy grass (*Oryza sativa* L.) is burnt to white ash. 25 gm. of ash is mixed in a liter of water and taken frequently for free micturation.

Oryza sativa L.: Eng. Rice; San. Dhanya; Hin. Chaval; Tel. Vari; Tam. Arisi; Mal. Ari; Kan. Akki; Mar. Tandula; Guj. Chokha; Pun. Tai; Ben. Chal; Ori. Chaul.

(ii) Barley (*Hordeum vulgare* L.) is boiled in water for 1/2 hour to prepare Barley water. The Barley water is taken frequently mixed with sugar to get relief from Dysuria in summer.

Hordeum vulgare L.: Eng. Barley; San. Yava; Hin. Jawa; Tel. Barli Biyyam; Tam. Barley Arisi; Kan. Jave Godhi; Mar. Java; Pun. Buza; Hun. Jab.

31. Ear-Ache:

(i) Fresh juice expressed from Onions (*Allium cepa* L.) is warmed and dropped (2 to 4 drops) in ear. It is effective in Ear-Ache, deafness and ringing sounds in the Ear.

Allium cepa L.: Eng. Onion; San. Palandu; Hin. Piyaz; Tel. Nirulli; Tam. Irulli; Mal. Bawant; Kan. Nirulli; Mar. Kanda; Guj. Dongari; Ben. Piyaj; Ur. Piyaz.

32. Elephantiasis:

Keep Nux-vomica ~~■~~ (Strychnos nux-vomica L.) under the ground and take out after two weeks. Burn them ~~to~~ black (like coal) and grind to fine powder. 30 gms. of this powder given regularly with Honey two times a day will control the swelling of the leg gradually.

Strychnos nux-vomica L.: Eng. Nux-Vomica; ~~San.~~ Visa musti; ~~Hin.~~ Kuchila; Tel. Mushti; Tam. Kanjeeraiyetti; ~~Mal.~~ Kanjeeram; ~~Kan.~~ Kasara; ~~Mar.~~ Kajra; Guj. Kuchla; Pun. Kajra; Ben. Kuchila; Ori. Kosila; Ur. Kuchala.

33. Epilepsy:

(i) Mix cow's Ghee and the juice of Indian Gooseberry fruits (*Emblica officinalis* Gaertn.) in equal quantities. Take 30 to 45 ml. of this mixture regularly to control epilepsy completely. Depending on the need, it can be taken 2 to 3 times a day.

Emblica officinalis Gaertn.: Eng. Indian Gooseberry; San. Aamalaki; Hin. Amla; Tel. Usirika; Tam. Amalagam; ~~Mal.~~ Nelli; Kan. Nelli; ~~Mar.~~ Avala; Pun. Ambli; ~~Kan.~~ Amla; Ori. Khondona; Ur. Anwala.

(ii) Prepare powder of Kurchi seeds (*Holarrhena antidysantrica* Wall.); Black Pepper (*Piper nigrum* L.) and crystal sugar combined in equal quantities. Take 1 to 2 gms. of powder daily to cure epileptic fits.

Holarrhena anti dysantrica Wall.: Eng. Kurchi; San. Indrayava; Hin. Indra jav; Tel. Kodisa pala vittulu; Tam. Kashappu-vetpalarishi; Mal. Venapala; Kan. Korasimin; Mar. Pandhra kura; Guj. Indrajavanu; Pun. Kewar; Ben. Kurchi.

Piper nigrum L.: Eng. Black Pepper; Mar. Maricham; Hin. Gol Mirch; Tel. Miriyalu; Tam. Arish; Mal. Kolakam; Kan. Mar. Kali Mirch; Guj. Kala Mari; Pun. Gol Mirchi; Ben. Golmo Mirch; Ori. Golan Richo; Ur. Kali Mirch.

(iii) Ground equal parts of Garlic (*Allium sativum* L.) and Gingily seeds (*Sesamum indicum* L.) to paste and prepare pills of size of Bengal gram (about 200 mgms. Take 1 to 2 pills two to three times a day.

Allium sativum L.: Eng. Garlic; Mar. Lashuna; Hin. Lasan; Tel. Vellulli; Tam. Vellaippoondu; Mal. Lasuna; Kan. Belluli; Mar. Lasun; Guj. Lasun; Ben. Lasun; Ur. Lehsun.

Sesamum indicum L.: Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Mar. Yellu; Mar. Tila; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

(iv) The paste of Onions (*Allium cepa* L.) is rubbed on the feet and two to three drops of juice is dropped in the nostrils to relieve the patient from attack.

Allium cepa L.: Eng. Onion; San. Palandu; Hin. Piyaz; Tel. Nirulli; Tam. Irulli; Mal. Bawant; Kan.

Nirulli; Mar. Kanda; Guj. Dongari; Kan. Piyaj;
Ur. Piyaz.

(v) Powder the bark of China Rose plant (*Hibiscus rosa-sinensis* L.). Take a dose of 2 gms. in the morning and evening with honey. Epilepsy will be controlled within 15 days.

Hibiscus rosa-sinensis L.: Eng. China Rose; San. Japa;
Hin. Jasum; Tel. Mandara; Tam. Chembarathi;
Kan. Dasaiagida; Mar. Jasund.

(vi) Take the seed powder of Staff tree (*Celastrus paniculatus* Willd.) 2 gms. daily early in the morning for controlling Epilepsy.

Celastrus paniculatus Willd.: Eng. Staff tree; San. Jyotismathi; Hin. Malakauni; Tel. Malaria Teega; Tam. Valluvai; Kan. Kuriganne; Mar. Malkangeni; Guj. Malakangnam.

(vii) Grind the root bark of Parrot tree (*Albizzia lebbek* Benth.) into paste. Take 10 gms. of paste with water once a day to get relief from Epilepsy.

Albizzia lebbek Benth.: Eng. Parrot tree; San. Sireesha; Hin. Siris; Tel. Dirisena; Tam. Vakau; Mar. Shiras; Guj. Sarzado; Ben. Sireeshgaach.

(viii) Drink about 60 ml. of decoction of Khus grass roots (*Vetiveria zizanioides* (L.) Nash.) daily in the early morning to control Epilepsy.

Vetiveria zizanoides (L.) Nash.: Eng. Cuscut grass; San. Usheera; Hin. Khas-khas; Tel. Vatti veru; Tam. Vettiver; Mal. Vattiveru; Kan. Lavancha; Mar. Vala; Guj. Valo; Ben. Khas-Khas; Ur. Khas.

(xi) Crush the leaves of Custard apple plant (*Annona squamosa* L.) with the hands and make the patient to inhale it.

Annona squamosa L.: Eng. Custard Apple; ~~San.~~ Krishna beeja; Hin. Sitaphal; Tel. Sitaphalamu; Tam. Sitaphalam; ~~Mal.~~ Sitapalam; Kan. Sitapala; Mar. Sitaphal; Guj. Sitaphal; Ben. Luna; Ori. Sita Palo.

(x) Take fresh flower of Gigantic Swallow Wort (*Calotropis gigantea* (L.) R.Br.) and ~~Mar.~~ pepper (*Piper nigrum* L.), grind them together and prepare 125 gm. pills. Take one pill three times a day for 40 days to control epileptic ~~fit~~ and fits due to hysteria.

Calotropis gigantea (L.) R.Br.: Eng. Gigantic Swallow-wort; San. Arka; Hin. Aak; Tel. Jilledu; Tam. Erukku; Mal. Erikka; Kan. Ekka; ~~Mar.~~ aak; Guj. Aakado; Ben. Aakard.

Piper nigrum L.: Eng. ~~Black~~ Pepper; San. Maricham; Hin. Gol Mirch; Tel. Miriyalu; Tam. Arish; Mal. Kolakam ; Kan. Menuu; ~~Mar.~~ Kali Mirch; Guj. Kala Mari; Pun. Gol Mirchi; Ben. Golmo Mirch; Ori. ~~Gulani~~ Richo; Ur. Kali Mirch.

34. Excessive Thirst (Morbid Thirst):

(i) The thirst which is not quenched even after frequently drinking water will be controlled by keeping and chewing few Cubebs (*Piper cubeba* L.F.) in the mouth.

Piper cubeba L.F.: Eng. Cubebs; San. Kankolam; Hin. Kababchini; Tel. Chaluva miriyalu; Tam. Valmi-lagu; Kan. Gandha mensaru; Mar. Karpur chini; Guj. Chankabab; Ben. Kababchini; Ass. Kababe sini.

(ii) Prepare decoction with Coriander (*Coriandrum sativum* L.). Take 30 to 60 ml of decoction. Add sugar according to the need and taste, to get relief from excessive thirst.

Coriandrum sativum L.: Eng. Coriander fruit; San. Dhanyaka; Hin. Dhaniyahn; Tel. Dhaniyalu; Tam. Kotamalli; Mar. Havij; Guj. Dhana; Ben. Dhane; Ass. Kajburah.

35. Eye Diseases:

(i) Take 100 gram of Chebulic Myrabolan powder (*Terminalia chebula* Retz.) two times a day in 'Savana' month (August-September). This will control all eye diseases and provides brightness of the eyes.

Terminalia chebula Retz.: Eng. Galnut; San. Haritai; Hin. Harra; Tel. Karaka; Tam. Kadukka; Mal. Katukka; Kan. Arale; Mar. Habra; Guj. Hirdo; Pun. Harrar; Ben. Hartake; Ur. Karedha.

36. Forgetfulness:

(i) Chew ■ grams of Cinnamomum bark (*Cinnamomum zeylanicum* Blume.) daily early in the morning to control forgetfulness.

Cinnamomum zeylanicum Blume.: Eng. Cinnamomum; San. Tvak; Hin. Dalchini; Tel. Lavanga patta; Tam. Canna lavanga pattai; Mal. Erikkolam; Kan. Lavanga Chakke; Mar. Dalchini; Guj. Dalchini; Ben. Dalchini; Ori. Dalochini; Ur. Darchini.

37. Foul smell in the mouth:

(i) Chew few Mace pieces (*Myristica fragrans* Houtt.) to control foul smell in the mouth.

Myristica fragrans Houtt.: Eng. Mace; San. Javitri; Hin. Jai patri; Tel. Jati pathri; Mal. Jaji Pathri; Kan. Jaya patri; Mar. Jai pathri; Guj. Javantri; Ori. Jaitri.

38. Gas (Flatulence):

(i) Mix ■ gms. of Fresh Ginger (*Zingiber officinale* Roscoe.) with ■■ gram of Rock Salt and take two times ■ day to get relief from Flatulence

Zingiber officinale Roscoe.: Eng. Ginger; San. Ardraka; Hin. Adrak; Tel. Allamu; Tam. Inji; Mal. Inji; Kan. Alla; Mar. Ale; Pun. Adark; Ben. Ada; Ori. Sunthi; Ur. Adaraka.

39. Gingivitis (Bleeding Gums):

(i) Boil the leaves of Guava plant (*Psidium guajava* L.) with double water and gargle the resultant decoction two or three times a day to control Gingivitis.

Psidium guajava L.: Eng. Guava; San. Perukam; Hin. Amruth; Tel. Jama; Tam. Koyya; Mal. Koyya; Kan. Jama Phala; Mar. Jamba; Guj. Jamrukh; Pun. Amruth; Ben. Piyara; Ori. Jama; Ur. Amrud.

(ii) Prepare decoction of Black Babool bark (*Acacia arabica* Willd.), add a pinch of Alum and use the mixture for gargling. It will reduce pain and swelling in the gums and teeth.

Acacia arabica Willd.: Eng. Black Babul; San. Babboola; Hin. Babul; Tel. Nalla Tumma; Tam. Karuve Lam; Mal. Karuve Lam; Kan. Babbuli; Mar. Babul; Guj. Baval; Ben. Babla; Ori. Babule; Ur. Babul.

(iii) Gargle the juice of Black plum leaves (*Syzygium cumini* (Linn) Skeels. S.) to get relief from swelling and pain in the gum. The gums will become stronger.

Syzygium cumini (Linn) Skeels. S.: Eng. Black plum; San. Jambu; Hin. Jamun; Tel. Neredu; Tam. Arugudam; Mal. Naga; Kan. Neralu; Mar. Jambul; Guj. Jambu; ~~Tam.~~ Jam; Ori. Jamo; Ur. Jaman.

(iv) Gargle with the decoction of Mango leaves (*Mangifera indica* L.). It is useul in diseases of teeth, swelling of gums, dental pain and sotmatitis or sore mouth.

Mangifera indica L.: Eng. Mango tree; San. Amr.; Hin. Aam; Tel. Mamidi; Tam. Iradam; Mal. Mavu; Kan. Rasala; Mar. Amba; Guj. Amri; Pun. Am; Ben. Am; Ori. Ambo; Ur. Amba.

40. Gonorrhea:

(i) Cut unripped plantains (*Musa paradisiaca* L.) into small pieces, dry and powder them. Take 1 to 2 grams of powder mixed with equal quantity of Crystal sugar 1 to 3 times a day. It is efficacious in burning micturation pus in the Urine.

(*Musa paradisiaca* L.) : Eng. Banana or Plantain; San. Kadali; Hin. Kela; Tel. Arati; Tam. Valai; Mal. Kadam; Kan. Bala; Mar. Kadali; Guj. Kela; Ben. Kala; Ori. Kodoli; Ur. Kela.

(ii) Collect Gigantic Swallow Wort flowers (*Calotropis gigantea* (L.) R.Br.) dry and powder them. Mix 60 to 120 gms. of powder with one gram of Crystal Sugar. Use this mixture to cure Gonorrhea.

Calotropis gigantea (L.) R.Br.: Eng. Gigantic Swallow Wort; San. Arka; Hin. Ark; Tel. Jilledu; Tam. Arkam; Mal. Bukam; Kan. Arka; Mar. Akhanda; Guj. Akado; Ben. Akanda; Ori. Akondo; Ur. Ak.

41. Hair Tonic:

(i) Take tender aerial roots of Banyan tree (*Ficus bengalensis* L.) and the total plant of Bhringol (*Eclipta alba* (L.) Hassk.) in equal quantities and crush into ■ paste. Mix Gingily oil three times the quantity of the paste. Boil the mixture until the moisture is evaporated. Filter the oil and apply it regularly to the hair.

Ficus bengalensis L.: Eng. Banyan tree; San. Vata; Hin. Bar; Tel. Marri; Tam. Alam; Mal. Vajam; Kan. Vata; Mar. Vada; Guj. Vqd; Pun. Bera; Ben. Bar; Ori. Boro; Ur. Bargoda.

Eclipta alba (L.) Hassk.: Eng. Bhangra; San. Bhrunga Raja; Hin. Bhangra; Tel. Gunta galagara; Tam. Kaikashi; Mal. Kurumak Jantam; Kan. Karagada, Suppu; Mar. Bangra; Guj. Bhangra; Ben. Keshori; Ori. Kesarda; Ur. Bhangra.

(ii) Grind equal quantities of Mango Seeds (*Mangifera indica* L.) and dried Indian Goosberry (*Emblica officinalis* Gaertn.) to paste by adding little quantities of water. Apply the paste to the head and wait until it dries. Then take head bath. This procedure practiced regularly will help to get black and healthy hair.

Mangifera indica L.: Eng. Mango tree; San. Amra ; Hin. Am; Tel. Mamidi; Tam. Iradam; Mal. Mavu; Kan. Rasala; Mar. Amba; Guj. Amri; Pun. Aam; Ben. Am; Ori. Ambo; Ur. Amba.

Emblica officinalis Gaertn.: Eng. Indian goosberry; San. Aamalaki; Hin. Amla; Tel. Usirika; Tam. Ama-

lagam; Mal. Nelli; Kan. Nelli; Mar. Avala; Guj. Amla; Pun. Ambli; Ben. Amla; Ori. Khondona; Ur. Anwala.

iii) Paste the Fenugreek leaves (*Trigonella foenum graceum* L.) and apply to the head regularly daily before bath to get beautiful hair.

Trigonella foenum graceum L.: Eng. Fenu Greek; San. Methika; Hin. Methi; Tel. Menthulu; Tam. Ven-dayam; Mal. Mentayam; Kan. Menthya; Guj. Menthini; Pun. Methi; Ben. Methika.

42. Head ache:

(i) Mix Common salt and Sugar in equal quantities and powder them. Take 1 to 2 grams of this mixture with hot water regularly two times a day. This will relieve head aches.

(ii) Mix 10 grams of Menthol, 10 grams of Thymol and 10 grams of Camphor and put them in a bottle to keep in the Sun closed with airtight lid.

All Crystals will turn into liquid. Add 10 grams of Fennel fruit oil (*Foeniculam vulgare* Mill.) Apply this mixture on the forehead to get relief from Corhiza and Head Ache.

Foeniculum vulgare Mill: Eng. Fennel Fruit; San. Mis-reyaka; Hin. Saunf; Tel. Sompu; Tam. Sombu; Mal. Sounf; Kan. Vadi sopu; Mar. Badi Saunf; Guj. Variyali; Pun. Sonf; Ben. Mairi.

43. Heart Diseases:

(i) Soak white variety of Chebulic Myrobalan flowers (*Terminalia palida* Brand.) in Honey. Take 2 to 3 grams of this mixture daily to get total relief from Heart diseases.

Terminalia palida Brand.: Eng. White Chebulic Myrobalan; San. Harithaki (svetha); Hin. Saphed Harada; Tel. Tella Karaka; Tam. Vellai Kkadukky..

(ii) Milk or Butter or Ghee derived from a dark brown colored cow taken daily early in the morning according to individuals digestive capacity will control Heart diseases and Anaemia.

44. Hernia and Hydrocele:

(i) Make a paste of gum obtained from Horse ~~Rabbit~~ ~~Tree~~ (*Moringa oleifera* Lam.) with water and apply it on swollen parts.

Moringa oleifera Lam.: Eng. Drum Stick; San. Sigru; Hin. Mungha; Tel. Munaga; Tam. Murungai; ~~Mal.~~ Murinna; Kan. Mugge; Mar. Achjhoda; Guj. Segte; Pun. Sanjna; Ben. Sujana; Ori. Munika; Ur. Sahajna.

(ii) Grind Nutmeg (*Myristica fragrans* Hout.) and Castor oil (*Ricinus communis* L.) to paste and apply externally on the swelling for relief.

Myristica fragrans Hout.: Eng. Nut Meg; San. Jathi Phala; Hin. Jai phal; Tel. Jaji kaya; Tam. Jadikkai; Mal. Jaji kayi; Kan. Jajikayai; ~~Mar.~~ Jaiphal.

***Ricinus communis* L.:** Eng. Castor oil; San. Eranda; Tel. Amudam; Tam. Amanakku; Mal. Amandam; Kan. Avedalu; Mar. Erandi; Guj. Diveli; Pun. Arand; Ben. Bherenda; Ori. Joda; Ur. Eranda.

45. Hiccups:

Mix 'Kum Kum' prepared with Turmeric (*Curcuma longa* L.) with Castor oil (*Ricinus communis* L.) prepared conventionally and apply to the tongue to control Hiccups.

***Curcuma Longa* L.:** Eng. Turmeric; San. Haridra; Hin. Haldi; Tel. Pasupu; Tam. Manjal; ~~Mal.~~ Mannal; ~~Kan.~~ Arshina; Mar. Halede; Guj. Halada; Ben. Halada; Ur. Haldi.

***Ricinus communis* L.** Eng. Castor oil; San. Eranda; Tel. Amudam; Tam. Amanakku; Mal. Aman dam; Kan. Avedalu; Mar. Erandi; Guj. Diveli; Pun. Arand; Ben. Bherenda; Ori. Joda; Ur. Eranda.

46. Hypertension:

Prepare powder with the root of Indian Birth Wort (*Aristolochia indica* L.) give dose of 250 m.gr. with water two times daily to control the increased blood pressure.

***Aristolochia indica* L.** Eng. Indian Birthwort; ~~San.~~ Ishvari; Hin. Isharmul; Tel. Nalla Ishvari; Tam. Isura; ~~Mal.~~ Isvara Muli; Kan. Isvara Balli; ~~Mar.~~ Sapasam; Guj. Arkmula; Ben. Isarmul; ~~Ori.~~ Gopokoroni; Ur. Shape sand.

47. Hysteria:

(i) During the first three days of menstruation give the powder of Round Zedoary (*Hedychium spicatum* Ham. ex Smith.) (12 grams) mixed with sugar (6 grams) once a day to control Hysteria. This medicine is repeated in three consecutive months.

Hedychium spicatum Ham. ex Smith: Eng. Round Zedoary; San. Shati; Hin. Gandha palashi; Tel. Kachhuralu; Tam. Simaikkichi Likkilhangli; Mar. Kapura Kachari; Kan. Gandha Shati; Guj. Kapur Kachari; Pun. Bankila; Ben. Arna; Ur. Kapurd Kachara.

(ii) Take 2 grams of Musk Mallow Seed powder (*Hibiscus abelmoschus* L.) two times a day, for a period of 40 days.

Hibiscus abelmoschus L.: Eng. Musk Mallow; San. Lata Kasturi; Hin. Mushk Dana; Tel. Kasturi Benda; Tam. Kasturi Vendai; Mal. Kasturi Venta; Kan. Kasturi Bende; Mar. Kusturi Bhenda; Ben. Mushak Dana; Ur. Mushak Danah.

48. Indigestion:

(i) Prepare powder with equal quantities of Chebulic Myrobalon fruits (*Terminalia chebula* Retz.) and Rock Salt and take 1 gram after lunch and dinner to get relief from all types of indigestion.

Terminalia chebula Retz.: Eng. Galnut; ~~San.~~ Harithaki; Hin. Harra; Tel. Karaka; Tam. Kadukkai; Mal. Arale; Kan. Arale; Mar. Katukka; Guj. Habra; Pun. Hirdo; Ben. Haritake; Ori. Karedha.

49. Joint pains & Rheumatism:

(i) Mix Lemon juice (*Citrus medica var-acida* Watt.) and gingely oil (*Sesamum indicum* L.) in equal quantities and rub on the affected joints.

Citrus medica var-acida Watt.: Eng. Acid Lime; San. Nimbuka; Hin. Umbu; Tel. Nimma; Tam. Ambu; Mal. Danta Hashkam; Kan. Limbe; ~~Mar.~~ Limbu; Guj. Nimbu; Ben. Camral Nebu; Ori. Narongi; Ur. Limon Kaghzi.

Sesamum indicum L.: Eng. Gingelly; San. Tila; ~~Hin.~~ Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Tila; Kan. Yellu; Mar. Karellu; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

(ii) Mix one gram of the powdered root of Chaste ~~Tree~~ (*Vitex negundo* L.) with 2 grams of Gingely oil (*Sesamum indicum* L.) and take two times a day ~~to~~ get relief from joint pains and Rheumatism.

Vitex negundo L.: Eng. Indian Private Chaste Tree; San. Nirgundi; Hin. Nisinda; Tel. Vavili; Tam. Nochi; Mal. Nochi; Kan. Nekkilu; ~~Mar.~~ Nirgundi; Guj. Nirgari; Pun. Marwa; ~~Ben.~~ Nirgundi; Ori. Indrani; Ur. Beyguna.

***Sesumum indicum* L.:** Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Tila; ~~Kan.~~ Yellu; Mar. Karellu; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

50. Jaundice:

(i) Mix powder of 24 grams of Crystal Sugar and 3 grams of Mustard seeds (*Brassica juncea* L.) and take 7 ~~grams~~, twice a day along with a plantain (*Musa paradisiaca* L.) to control Jaundice.

***Brassica juncea* L.:** Eng. Indian mustard; San. Rajika; Hin. Rai; Tel. Avalu; Tam. Kadugu; Kan. Sasi; Mar. Rai; Guj. Rai; Ben. Sarisha; Ass. Khardals.

(ii) Keep half gram of Alum powder in a plantain (*Musa paradisiaca* L.) and eat ~~once~~ in a day for three days.

***Musa paradisiaca* L.:** Eng. Banana; San. Kadali; Hin. Kela; Tel. Arati; Tam. Valai; ~~Mal.~~ Kadalām; Kan. Bala; Mar. Kadali; Guj. Kela; Ben. Kala; Ori. Kodoli; Ur. Kela.

51. Knee Pain:

(i) Prepare a decoction with the root of Chaste tree (*Vitex negundo* L.) and take a dose of 30 ml. in the morning and evening followed by one glass of fresh butter milk to get relief from Knee Pain.

***Vitex negundo* L.:** Eng. Indian Private Chaste Tree; ~~Kan.~~ Nirgundi; Hin. Nisinda; Tel. Vavili; Tam.

Nochi; Mal. Nochi; ~~Kan.~~ Nekkilu; Mar. Nirgundi; Guj. Nirgari; Pun. Marwa; Ben. Nirgundi; Ori. Indrani; Ur. Beyguna.

52. Lice:

Disolve 3 Grams of Alum in a litre of water. Apply this solution regularly to the head to destroy Lice.

53. Liver Diseases:

Dry the Indian Worm Wood Plant (*Artemesia vulgaris* L.) in sun and powder it. Take 1 to 2 Grams of powder mixed with first morsel of food daily to correct the liver.

Artemesia vulgaris L.: Eng. Indian Worm Wood; San. Damanaka; Hin. Dona; Tel. Davanamu; Tam. Tirunama; Mal. Dama Nakam; Kan. Davana; Mar. Surbandi; Ori. Doyona.

54. Loss of Appetite:

(i) Mix Rhizomes of Black Musali (*Curculigo orchoides* Gaertn.) and dry Zinger (*Zingiber Officinale* Roscoe.) in equal quantities and make ■ powder. Take ■ Grams with hot water two times ■ day.

Curculigo orchoides Gaertn.: Eng. Black musali; San. Talamuli; Hin. Kalimusali; Tel. Nelatati Gaddalu; Tam. Nilappa Nikkal Hangu; Mal. Nelappa Anakiz

Hanna; Kan. Nelatati Gadde; ~~Mal.~~ Kali Musli; Guj. ~~Kali~~ Musli; Ben. Talusa; Ur. Musali.

Zingiber officinale Roscoe.: Eng. Dry Zinger; San. Sunthi; Hin. Saunt; Tel. Sonti; Tam. Sukku; Kan. Sunti; Mar. Soont; Guj. Soont; Ben. Sunt.

55. Malaria:

(i) Powder the seeds of Indian Beech (*Derris indica Bennet.*) one part and ■ quarter part of Black Pepper (*Piper nigrum L.*) together and give 750 mgrs. of powder with water one hour prior to the attack. Two to three days of this medication will be effective in Malaria.

Derris indica: Eng. Indian Beech; San. Karanja; Hin. Karanj; Tel. Kanuga; Tam. Kolliyam; ~~Mal.~~ punnu; Kan. Karanja; Mar. Karanj; Guj. Karanj; Ben. Karanja; Ori. Koranjo Awah; Ur. Karanj.

Piper nigrum L.: Eng. Black Pepper; San. Maricham; Hin. Golmirch; Tel. Miriyalu; Tam. Arish; Mal. Kolakam; Mar. ~~Kali~~ Mirch; Guj. Kala Mari; Pun. Gol Mirchi; Ben. Golar Mirch; Ori. Golam Richo; Ur. Kali Mirch.

56. Menstrual pain:

Boil the Costus roots (*Saussurea lappa C.B. Clarke.*) in double quantity of water until the half of the water is evaporated. Put ■ to 5 drops of filtered decoction in ears ■ control pain during menstruation in women.

Saussurea lappa C.B. Clarke.: Eng. Costus; San. Kustha; Hin. Kut; Tel. Chengalva Kostu; Tam. Kostum; Mal. Sepuddy; Guj. Kut; Pun. Kut; Ben. Kur; Ur. Kut.

57. Migraine:

(i) Take 6 Grams of Sugar or Crystal sugar and a quarter litre of water together in a bowl and keep it over night beneath the cot. Drink that water next day morning before the sunrises. The procedure practiced for 5 to 7 days will control the Migraine.

(ii) Add cooked rice and few pieces of Onion (*Allium cepa* L.) to boiled milk and keep it over-night. Eat the rice next day early in the morning on empty stomach regularly to control Migraine.

Allium cepa L.: Eng. Onion; San. Palandu; Hin. Piyaz; Tel. Nirulli; Tam. Irulli; Mal. Bewang; Kan. Nirulli; Mar. Kanda; Guj. Dongari; Ben. Piyaz; Ur. Piyaz.

(iii) Mix cow's Ghee (12 Grams) and Sugar (12 Grams) and eat daily early in the morning for a period of 3 days to get relief from Migraine.

58. Morning Sick-ness:

(i) Lemon (*Citrus medica* var. *acid* Watt.) fruit coats are burnt and dried to white ash. Give 2 gms. of ash with honey to control Morning Sickness and Vomitings in pregnant women.

***Clitorea medica* ~~Watt~~ *acida* Watt.:** Eng. Lime; San. Nim-bookam; Hin. Neembu; Tel. Nimma; Tam. Elumicchai; Kan. Limbe; Mar. Limbu; Guj. Leembu; Ben. Lembu; Ass. Lemu Hazim.

59. Nerves' Weak-ness:

(i) Extract oil from the seeds of Maharukh (*Ailanthus excelsa* Roxb.). Take 10 to 15 drops of this oil two times a day.

Ailanthus excelsa Roxb.: Eng. Maharukh; San. Aralu; Hin. Maharukh; Tel. Pedda manu; Tam. Peruppi; Mal. Peru; Kan. Doddabelu; Mar. Adusa; Guj. Motoaduso; Ori. Mahanimbu.

(ii) Take 10 to 15 drops of oil extracted from ~~Staff~~ tree seeds (*Celastrus paniculatus* Willd.) with milk ~~one~~ day to provide strength to nerves.

Celastrus peniculatus Willd: Eng. Staff Tree; San. Jyotismathi; Hin. Malkangni; Tel. Maveru; Tam. Kalambam; Mal. Palulavam; Kan. Kangondi; Mar. Kangani; Guj. Malkangana; Ben. Malkangni; Ori. Korsana; Ur. Kalkanguni.

60. Night Blindness:

(i) Put two drops Onion juice (*Allium cepa* L.) in each eye regularly to control night blindness.

Allium cepa L: Eng. Onion; San. Palandu; Hin. Piyaz; Tel. Nirulli; Tam. Irulli; Mal. Bewang; Kan.

Nirulli; Mar. Kanda; Guj. Dongari; Ben. Piyaz;
Ur. Piyaz.

(ii) Fry Linseed leaves (*Sesbania grandiflora* L.) in Ghee and take daily for relief from Night Blindness.

Sesbania grandiflora L.: Eng. Linseed; San. Agastya; Hin. Basna; Tel. Avisa; Tam. Agathi; Mal. Akatti; Kan. Agase; Mar. Agasti; Guj. Agathio; Ben. Agasti; Ori. Ogusti; Ur. Agast.

61. Nose-Bleeding:

(i) Apply the paste made of Indian goss berry fruits (*Emblica officinalis* Gaertn.) on the head.

Emblica officinalis Gaertn.: Eng. Indian gossberry; San. Aamalaki; Hin. Amla; Tel. Usirika; Tam. Amalagam; Mal. Nelli; Kan. Nelli; Mar. Avala; Guj. Amla; Pun. Ambli; Ben. Amla; Ori. Khondona; Ur. Anwala.

(ii) Make a paste of 2 grams of young tender leaves of Banian tree (*Ficus bengalensis* L.) and mix with 100 Grams of Crystal sugar and 1/4 litre of water. Take this mixture once a day regularly to control the chronic bleeding from nose.

Ficus bengalensis L.: Eng. Banyan Tree; San. Vata; Hin. Bar; Tel. Marri; Tam. Alam; Mal. Vajam; Kan. Vata; Mar. Vada; Guj. Vad; Pun. Bera; Ben. Bar; Ori. Boro; Ur. Bargoda.

62. Nutrition for children:

Give cow's butter two times a day to increase the strength, prevent the diseases and promote the growth in children and infants.

63. Nutrition promoters:

(i) Take 2 Grams of powder of Liquorice Root (*Glycyrrhiza glabra* L.) daily mixed with milk to promote physique, enhance mental capacity and check the aging process.

Glycyrrhiza glabra L.: Eng. Liquorice; San. Yastimadhu; Hin. Jethimadh; Tel. Yashtimadhukam; Tam. Adi Maduram; Mal. Adi Madhuram; Kan. Ayashti Maduka; Mar. Ayashti Maduka; Guj. Jethimadhi; Pun. Palasus; Ben. Jashti Madhu.

64. Oedema:

(i) Take 10 drops of Staff Tree (*Celastrus paniculatus* Willd.) seed oil two times a day mixed with milk or boiled and cooled water to increase urination and to control Oedema.

Celastrus paniculatus Willd.: Eng. Staff Tree; San. Jyotismathi; Hin. Malkangni; Tel. Maveru; Tam. Kalambam; Mal. Palulavam; Kan. Kangondi; Mar. Kangani; Ben. Malkangni; Ori. Korsana; Ur. Kalkanguni.

65. Old Age:

(i) Mix black Musali (*Curculigo orchioides Gaertn.*) rhizomes and crystal sugar in equal quantities and powder them. Take 3 grams of powder once a day with cow's milk for a period of one year to avoid the aging problems.

Curculigo orchioides Gaertn.: San. Talamul; Hin. Kalimusali; Tel. Nelatadi Gaddalu; Tam. Nilappa Nikkal Hangu; Mal. Nelappa Anakiz Hanna; Kan. Nelatati Gadde; Mar. Kali Musli; Guj. Kali musli; Ben. Talusa; Ur. Musali.

66. Opium Addiction:

Chew one gram root bark powder of Kurchi (*Holarrhena antidysenterica Wall.*) with Betel leaves (*Piper betle L.*) regularly to get rid of opium addiction.

Holarrhena antidysenterica Wall.: Eng. Kurchi; San. Kuttaya; Hin. Kura; Tel. Kedisepala; Tam. Erukka-laipalai; Mal. Pala; Kan. Kodasige; Mar. Kodaga; Guj. Kuda; Pun. Kewar; Ben. Kurchi; Ori. Kherwa.

Piper betle L.: Eng. Betel leaf; San. Nagavalli; Tel. Tamalapaku; Tam. Thambulam; Mal. Thambulam; Kan. Thambulam; Mar. pan; Guj. Nagurvil; Ben. Pan; Ori. Chhonchi pane; Ur. Pan.

67. Ozena (Rhinorrhea):

(i) Fry the wheat flour (*Triticum sativum Lam.*) in

Ghee to light brown colour and eat regularly to get relief from Ozena.

Triticum sativum Lam.: Eng. Wheat; San. Godhooma; Hin. Gehun; Tel. Godhumalu; Tam. Godoomai; Kan. Godhi; Mar. Gehun; Guj. Gheo; Ass. Hinthā; Ben. Gan.

(ii) Pound the Onions (*Allium cepa* L.) and extract the juice. Add one quarter of Gingily oil (*Sesamum indicum* L.) and boil on slow fire until the moisture is evaporated. Use the oil as nasal drops (2 to 3 drops) to contain Ozena, Coryza, head-ache and heavy-ness in the head.

Allium cepa L.: Eng. Onion; San. Palandu; Hin. Piyaz; Tel. Nirulli; Tam. Irulli; Mal. Bawang; Kan. Nirulli; Mar. Kanda; Guj. Dongari; Ben. Piyaz; Ur. Piyaz.

Sesamum indicum L.: Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Kan. Yellu; Mar. Tila; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

68. Paralysis:

(i) Fry Asafoetida (*Ferula foetida* Regel.) in Ghee. Take 1/4 to 1/2 Gram of fried Asafoetida with honey to control paralysis. Mix honey (1 part) with water (2 parts) and boil the mixture until two thirds portion is evaporated. Patients of paralysis suffering with 'deviated mouth' are advised to take 40 ml of 'honey water' three times a day along with ghee fried Asafoetida.

Ferula foetida Regel.: Eng. Asafoetida; San. Hingu; Tel. Inguva; Tam. Perunjaym; Guj. Hing; Ur. Hing.

(ii) Mix mineral pitch (Silazith) in the juice of Sweet Majoram (*Origanum majorana* L.) and put 4 drops in each nostrils. Take 12 ml. of juice internally daily once.

Origanum majorana L.: Eng. Sweet Marjoram; San. Marubakar; Hin. Marwa; Tel. Maruvamh; Tam. Marre; Mar. Marva; Guj. Marro; Ben. Murru; Ur. Maruva Khusha.

(iii) Mix 60 Grams of Honey with water or milk and take two times a day regularly. Hypertension and Nerves' weakness are controlled and general strength is promoted.

(iv) Eat 3 Grams of Marking Nut seeds (*Semecarpus anacardium* L.f.) and 1 Grams of Crystal sugar two times a day for a period of 15 days.

Semecarpus anacardium L.f.: Eng. Marking Nut; San. Bhallataka; Hin. Bhilava; Tel. Jeedi; Tam. Sen-gotti; Mal. Chera; Kan. Gueru; Mar. Bibu; Guj. Bhilamu; Pun. Bhele; Ben. Bhela; Ori. Bhollia; Ur. Bhilanvana.

69. Piles:

(i) Mix equal Quantities of Cow's butter and Gingily seeds (*Sesamum indicum* L.) and eat twice daily for a period of 1 week to get rid of Piles.

***Sesamum indicum* L.:** Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Kan. Yellu; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

(ii) Mix one tea spoon full of (5 ml.) Cow's Ghee in one glass of Cow's Milk (200 ml.) and drink daily to get relieved from piles.

70. Poly Urea (Frequent Urination):

Take the bark of old Black Babool tree (*Acacia arabica* Willd.) and pound it. Prepare decoction. Take 30 to 60 ml. of decoction two times a day. This recipe will also control sugar content in the Urine.

***Acacia arabica* Willd.:** Eng. Black Babul; San. Babula; Hin. Babul; Tel. Nalla Tumma; Tam. Karuvelam; Mal. Karuvelam; Kan. Babbuli; Mar. Babul; Guj. Baval; Ben. Babla; Ori. Babulo; Ur. Babul.

71. Premature Ejaculation:

(i) Mix equal quantities of Hyacinth Bean seeds (*Dolichos lablab* L.) and crystal sugar and eat regularly to increase the density of Semen and to control the premature ejaculation.

***Dolichos lablab* L.:** Eng. Hyacinth Bean; San. Nishpava; Hin. Bhaja Vasu; Tel. Anumulu; Tam. Avarai; Mal. Avare; Kan. Anvare; Mar. Oliya; Guj. Borboti.

(ii) Dry the Banyan fruits (*Ficus bengalensis* L.) in shade and powder them. Take 6 Grams of powder early in the morning with cow's milk to promote the production of Semen.

Ficus bengalensis L.: Eng. Banyan Tree; San. Vata; Hin. Bar; Tel. Marri; Tam. Alam; Mal. Vatam; Kan. Vata; Mar. Vada; Guj. Vad; Pun. Bera; Ben. Bar; Ori. Boro; Ur. Bargoda.

72. Pus in the Ear:

(i) Add 40 Grams of Black Bahool flowers (*Acacia arabica* Willd.) to 100 ml of Mustard oil (*Brassica Juncea* L.) and boil until the mixture gets colour. Allow it to cool, filter and store in a moist free clean bottle. Drop 2 to 3 drops of oil in the affected ear regularly for a week to control the pus in the Ear.

Acacia arabica Willd.: Eng. Black Babul; San. Babbula; Hin. Babul; Tel. Nalla Tumma; Tam. Karuvelam; Mal. Karuvelam; Kan. Babbuli; Mar. Babul; Guj. Baval; Ben. Babla; Ori. Babul; Ur. Babul.

Brassica Juncea L.: Eng. Indian Mustard; San. Rajika; Hin. Rai; Tel. Avalu; Tam. Kadugu; Kan. Sasi; Mar. Rai; Guj. Rai; Ben. Sarisha; Ass. Khardal.

(ii) Heat Alum in a earthen or iron hot plate until the residual moisture is evaporated and prepare powder. Dissolve 100 mgs. of Alum powder in 5 ml. of women's breast milk and drop in the ears to cure pus in the ear. This should be done one to two times a day.

73. Ring Worm:

(i) ~~Mix~~ the oil extracted from Chalmogra seeds (*Hydnocarpus wightiana* Blume.) with equal quantity of Bee Wax or Vaseline and apply externally on the skin to get relief from Ring-Worm, itching and to prevent formation of undesirable spots on the skin.

Hydnocarpus wightiana Blume: Eng. Chalmogra; San. Thuvaraka; Tel. Neridi; Tam. Maravitti; Mal. Niralan; Kan. Garudu Phala; Mar. Kowti.

(ii) Burn hard shells of Coconut (*Cocos nucifera* L.) in fire. Apply the oil oozed out from the burning shells on the Ring Worm patches to get complete relief.

Cocos nucifera L.: Eng. Coconut; San. Narikela; Hin. Narial; Tel. Narikela; Tam. Edagam; Mal. Narikelam; Kan. Kobbari; Mar. Narella; Guj. Nariel; Ben. Narikel; Ori. Langoli; Ur. Nariyel.

(iii) Powder the seeds of Bastered Teak (*Butea frandosa* Koen-ex-Roxb.) and mix with Lemon juice (*Citrus medica* var. *acida* Watt.) and apply on the Ring Worm patches.

Butea frandosa Koen-ex Roxb.: Eng. Bastard Teak; San. Palasa; Hin. Chichra; Tel. Moduga; Tam. Palasu; ~~Mal.~~ Brahma Vruksham; Kan. Mothuga; Mar. Palas; Guj. Khakara; Ben. palas; Ori. Khinjuce; Ur. Palash Papra.

Citrus medica var. *acida* Watt.: Eng. Lemon; San. Nimbuka; Hin. Neembu; Tel. Nimma; Tam. Elu-

michchou; Kan. Limbe; Mar. Limbu; Guj. Limbu;
Ben. Kagadi; Ur. Neembu.

74. Scabies:

Mix leaf juice of Gigantic Swallow Wort (*Calotropis gigantea* (L.) R.Br.) (one part), paste of fresh Turmeric Rhizomes (*Curcuma longa* L.) (2 parts) and Mustard oil (*Brassica juncea* L.) (2 parts), and boil on mild fire until the moisture is evaporated. Filter the remaining oil and apply on the Scabies lesions for early healing and relief from itching.

Calotropis gigantea (L.) R.Br.: Eng. Gigantic Swallow-Wort; San. Arka; Hin. Aak; Tam. Erukku; Mal. Erikka; Kan. Ekka; Mar. Aak; Guj. Aakado; Ass. Ushar; Ben. Aakand.

Curcuma longa L.: Eng. Turmeric; San. Haridra; Hin. Haldi; Tel. Pasupu; Tam. Manjal; Mal. Mannal; Kan. Arshina; Mar. Halede; Guj. Halada; Ben. Haldi; Ur. Haladi.

Brassica juncea L.: Eng. Mustard; San. Sarsapa; Hin. Rai; Tel. Aavalu; Tam. Kadugu; Kan. Sasi; Mar. Rai; Guj. Rai; Ass. Kardal; Ben. Rai.

(ii) Mix slaked Lime (*Calcium hydroxide*) with Castor oil (*Ricinus communis* L.) and apply externally on the Scabies.

Ricinus communis L.: Eng. Castor oil; San. Eranda; Tel. Amudam; Tam. Amanakku; Kan. Avedalu; Ma-

Erandi; Guj. Diveli; Pun. Arand; Ben. Bherenda;
Ori. Joda; Ur. Eranda.

(iii) Boil the leaves of Sweet scented Oleander (*Nerium odorum Soland.*) in 2 parts of water until the half quantity is evaporated. Add Mustard oil (*Brassica juncea L.*) with two parts of Oleander decoction and boil on mild fire until the watery portion is evaporated. Apply this medicated oil on the scabies wounds for quick healing.

Nerium odorum Soland.: Eng. Sweet scented Oleander; San. Karaveera; Hin. Kerber; Tel. Ganneru; Tam. Alari; Mal. Alari; Kan. Karaveera; Mar. Kaneri; Guj. Kanera; Pun. Ganera; Ben. Karavi; Ori. Koniore; Ur. Kanil.

Brassica juncea L.: Eng. Mustard; San. Sarsapa; Hin. Rai; Tel. Aavalu; Tam. Kadugu; Kan. Sasi; Mar. Rai; Guj. Rai; Ass. Kardal; Ben. Rai.

75. Sciatica

(i) Take one gram of Maharukh gum and (*Ailanthus excelsa Roxb.*) dissolve in water. Take the saturated solution two times a day to get relief from uncontrollable Sciatica.

Ailanthus excelsa Roxb.: Eng. Maharukh; San. Aralu; Hin. Maharukha; Tel. Pedda Manu; Tam. Peruppi; Mal. Peru; Kan. Doddabevu; Guj. Motoaduse; Mar. Adusa; Ur. Mahanimbu.

76. Scorpion Bite:

(i) Dissolve Asafoetida (*Ferula foetida* Regel) in water and apply on the bite.

Ferula foetida Regel: Eng. Asafoetida; San. Hingu; Hin. Hing; Tel. Inguva; Tam. Perunjym; Guj. Hing; Ur. Hing.

(ii) Drink little honey when a Scorpion bites and apply more honey at the place of bite.

77. Sexual Impotency:

(i) Fry the Garlic (*Allium sativum* L.) in Ghee take regularly along with food to prevent impotency and to control pain in knees.

Allium sativum L.: Eng. Garlic; San. Lashuna; Hin. Lasan; Tel. Vellulli; Tam. Vellaippandu; Mal. Lasuna; Kan. Belluli; Mar. Lasun; Guj. Lasun; Ben. Lasun; Ur. Lehsun.

78. Sexual Tonics:

(i) Mix 2 grams of Liquorice Root (*Glycyrrhiza glabra* L.) and 2 grams of Cow's Ghee and take a day with a quarter litre of Cow's milk. This recipe is more beneficial if taken within an hour after sexual intercourse.

Glycyrrhiza glabra L.: Eng. Liquorice; San. Yastimadhu; Hin. Jethimadh; Tel. Yashti Madhukam; Tam.

Adi Maduram; Mal. Adi Madhuram; Kan. Ayashti Maduka; Guj. Jethi Madhi; Pun. Palasus; Ori. Jashti Madhu.

vskip2pt (ii) Take the decoction prepared with 10 grams powder of Small Caltrops fruits (*Tribulus terrestris* L.) mixed with a quarter litre of milk and Sugar regularly.

Tribulus terrestris: Eng. Small Calatrops; San. Laghu Gokshura; Hin. Gokhru; Tel. Chinna Palleru; Tam. Neren Jimullu; Mal. Nerenj Mullu; Kan. Negalu; Mar. Ghokaru; Guj. Gokhru; Pun. Bakhra; Ben. Gohru; Ori. Gakhura; Ur. Gokharu.

79. Skin diseases :

(i) Take ■ grams leaft powder of White-Chebulic Myrobolon (*Terminalia palida* Brand.) two times ■ day with Ghee to control all skin diseases.

Terminalia palida Brand.: San. Haritaki (svetha); Tel. Tella Karaka; Tam. Vellai Kkadukky.

(ii) Mix the powders of Psoralean seeds, (*Psoralea corylifolia* L.) and Black Gingily seeds (*Sesamum indicum* L.) and take ■ grams, two times in ■ day with water to efficiently control the skin diseases.

Note: During 40 days of medication, only Milk and Rice are advised as food.

Psoralea corylifolia L.: Eng. Psoralean Seeds; San. Bakuchi; Hin. Bavanchi; Tel. Bavan Chalu; Tam.

Karpa Karishi; Kan. Bavanchi; Mar. Baba Chi; Guj. Babchi; Pun. Babchi; Ben. Bavachi.

***Sesamum indicum* L.: Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Kan. Yellu; Mar. Tila; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.**

(iii) Soak the root powder of Five Leaved Chaste tree (*Vitex negundo* L.) in Gingily Oil (*Sesamum indicum* L.) and take in the dose of 2 grams, two times a day for period of 40 days. This medication will also be able to control **all** types of Leprosy.

***Vitex negundo* L.: Eng. Indina Private Chaste Tree; San. Nirgundi; Hin. Nisinda; Tel. Vavili; Tam. Nochi; Mal. Nochi; Kan. Nekkilu; Mar. Nirgundi; Guj. Niggari; Pun. Marwa; Ben. Nirgundi; Ori. Indrani; Ur. Beyguna.**

***Sesamum indicum* L.: Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Kan. Yellu; Mar. Tila; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.**

80. Sleeplessness:

(i) Rub the Date Seeds (*Phoenix dactylifera* L.) with water to make a fine paste, mix it with honey and put 2 drops in eyes to induce good sleep.

***Phoenix dactylifera* L.: Eng. Arabian Date Palm; San. Pinda Kharjura; Hin. Khajur; Tel. Kharjuramu; Tam. Kuruvam; Mal. Etta palam; Kan. Karjura;**

Mar. Kharjura; **Guj.** Khajur; **Pun.** Khiji; **Ben.** Khajur; **Ori.** Kharjjori; **Ur.** Khurma.

81. Sneezing:

(i) Instil 4 drops of boiled and cooled Gingily Oil (*Sesamum indicum L.*) in the ears, close with cotton and take head bath to control excessive sneezing.

(ii) Boil Gingily oil (*Sesamum indicum L.*) with Rose Petals (*Rosa centifolia L.*) and filter. Put ■ to 3 drops of oil in each nostril regularly to control the excessive sneezing in ■ days.

Sesamum indicum L.: **Eng.** Gingelly; **San.** Tila; **Hin.** Til; **Tel.** Nuvvulu; **Tam.** Yellucheddi; **Mal.** Karellu; **Kan.** Yellu; **Mar.** Tila; **Guj.** Mithutel; **Pun.** Til; **Ben.** Sumsum; **Ori.** Khasa; **Ur.** Til.

Rosa centifolia L.: **Eng.** Pale Rose; **San.** Tharuni; **Hin.** Gulab; **Tel.** Gulabi; **Tam.** Irosa; **Mal.** Gulab; **Kan.** Gulabi; **Pun.** Gulab; **Ben.** Golab.

82. Sore Throat:

(i) Mix one to two tea spoons of pure Honey with lukewarm water and take two to three times a day to control Sore Throat, pain in the throat and Stomatitis.

(ii) Chew few Cubebs (*Piper cubeba L.f.*) and swallow the juice to get relief from Sore Throat.

Piper cubeba L.f.: **Eng.** Cubebs; **San.** Kankolam; **Hin.** Sital Chini; **Tel.** Chaluva miriyalu; **Tam.** Valmi-

lagu; Kan. Gndha menasu; Mar. Kapur Chini;
'Guj. Chanakabab; Ben. Jababchini.

(iii) Take ३३३ gram of Five Leaved Chaste tree root powder (*Vitex negundo* L.) mixed with Gingely oil (*Sesamum indicum* L.) daily to remove Sore Throat and get fine voice.

Vitex negundo L.: Eng. Five Leaved Chaste Tree; San. Nirgundi; Hin. Nisinda; Tel. Vavili; Tam. Nechi; Mal. Nechi; Kan. Nekkilu; Mar. Nirgundi; Guj. Niggari; Pun. Marwa; Ben. Nirgundi; Ori. Indrani; Ur. Beyguna.

Sesamum indicum L.: Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Kan. Yellu; Mar. Tila; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

(iv) Burn Cloves (*Syzygium aromaticum* (L.) Merr. & L.M.Perry) and keep in the mouth to chew.

Syzygium aromaticum (L.) Merr. & L.M.Perry: Eng. Clove; San. Lavanga; Tel. Lavangam; Tam. Lavangam; Mal. Lavangam; Kan. Lavanga Patte.

(v) Chew the root of Betel leaf tree (*Piper betle* L.) regularly.

Piper betle L.: Eng. Betel Leaf ; San. Nagavalli; Hin. Pan; Tel. Tamalapaku; Tam. Thambulam; Mal. Thambulam; Kan. Thambulam; Mar. Pan; Guj. Nagur Vil; Ben. Pan; Ori. Chhonchi Pane; Ur. Pan.

83. Sour Belchings:

(i) Mix Dry fried Wheat flour (*Triticum sativum* Lam.) ■ flour made from paddy (*Oryza sativa* L.) and Crystal sugar. Take 24 grams of this mixture ■ to 3 times a day.

Triticum sativum Lam.: Eng. Wheat; San. Godhooma; Hin. Gehun; Tel. Godhumalu; Tam. Godhumai; Kan. Godhi; Mar. Gohun; Guj. Gevu; Ben. Gam; Ass. Hinthā.

Oryza sativa L.: Eng. Rice; San. Dhanya; Hin. Chaval; Tel. Biyyam; Tam. Arisi; Mal. Ari; Mar. Tanobla; Guj. Chokha; Pun. Tai; Ben. Chal; Ori. Chaul.

(ii) Mix ■ ml. of Lemon juice (*Citrus medica* var. *acida* Watt.) with equal quantity of Honey and take two times a day.

Citrus medica var. *acida* Watt.: Eng. Lime; San. Nimbukam; Hin. Nimbu; Tel. Nimma; Tam. Elumichai; Kan. Limbe; Mar. Limbu; Guj. Leembu; Ben. Pathi Lembu; Ur. Nimbu.

(iii) Burn the dried leaves of Plantain (*Musa paradisiaca* L.) and take its white ash in the dose of 2 to 4 grams, with Honey, two to three times a day.

Musa paradisiaca L.: Eng. Banana; San. Kadali; Hin. Kela; Tel. Arati; Tam. Valai; Mal. Kadam; Kan. Bala; Mar. Kadali; Guj. Kela; Ben. Kala; Ori. Kadoli; Ur. Kela.

(iv) Take the Neem tree bark (*Azadirachta indica*) Dry Zinger (*Zingiber officinale* Roscoe) and Black Peper (*Piper nigrum* L.) in equal quantities and powder them. Half gram powder is taken once in a day with water to control Acidity in the stomach.

Azadirachta indica L.: Eng. Neem Tree; San. Nimba; Hin. Neem; Tel. Vepa; Tam. Vembu; Mal. Veppu; Kan. Bevu; Mar. Neem; Guj. Lim; Ben. Nim; Ur. Neem.

Zinzeber officinale Roscoe.: Eng. Ginger; San. Sunti; Hin. Soont; Tel. Sonti; Tam. Sukku; Mal. Chukka; Kan. Sonti; Mar. Sont; Guj. Soont; Pun. Soont; Ben. Sunti; Ori. Sunthi; Ur. Sount.

Piper nigrum L.: Eng. Black Pepper; San. Maricha; Hin. Gol Mirch; Tel. Miriyalu; Tam. Ariou; Mal. Kolakam; Mar. Kali Mirch; Guj. Kala Mari; Pun. Gol Mirchi; Ben. Golmo Mirch; Ori. Golo Miricho; Ur. Kali Mirch.

84. Spleen Enlargement:

Drink the juice of riped Mangoes (*Mangifera indica* L.) adding little honey regularly to reduce the enlargemet of spleen.

Mangifera indica L.: Eng. Mango tree; San. Amra; Hin. Aam; Tel. Mamidi; Tam. Iradam; Mal. Mavu; Kan. Rasala; Mar. Amba; Guj. Amri; Pun. Am; Ben. Am; Ori. Ambu; Ur. Amba.

85. Stammering:

Chew the leaves of *Cinnamomum* (*Cinnamomum tamala* Nees. and Eberm.) regularly to control the Stammering.

Cinnamomum tamala Nees. & Eberm.: Eng. Cinnamomum; San. Thamala Patra; Hin. Tejpatha; Tel. Aakupatri; Tam. Kattu Karuvapathai; Kan. Balchini; Mar. Tamala Patra; Guj. Tamal Patra; Ben. Tejpat; Ur. Tajapat.

86. Stomatitis:

(i) Dissolve Alum (1 gram) in ■ litre of Water and use the solution for gargling.

(ii) Frozen Ghee is applied on the tongue and inside the mouth.

87. Strength Promotion:

(i) Well riped Plantains of 'Amritapani' variety (*Musa sapientum* L.) ■■■ eaten regularly to increase the strength and prevent diseases.

(ii) Boil piece of Gold in water and drink regularly to get good strength.

Musa sapientum L.: Eng. Plantain (Amruthapani Variety); San. Kadali; Tel. Amrutapani.

88. (For) Stronger Teeth:

(i) Burn the total plant of Bamboo (*Bambusa arundinacea* (Retz.) Willd). Use the ash to clean the teeth regularly for increasing the strength of the teeth.

Bamboosa arundinacea (Retz.) Willd.: **Eng.** Bamboo; **San.** Vamsa; **Hin.** Bans; **Tel.** Bongu Veduru; **Tam.** Ambu; **Mal.** Kaniyaram; **Kan.** Bidiru; **Mar.** Kallak; **Guj.** Wans; **Ben.** Bans; **Ori.** Kona Banse; **Ur.** Banasa.

(ii) Mix the bark of Black Babool tree (*Acacia arabica* Willd.) (24 grams) and Dry Zinger (*Zingiber officinale* Roscoe) (3 grams) and powder them. Use the powder as dentifrice regularly to control Dental pain and to harden the moving teeth.

Acacia arabica Willd.: **Eng.** Black Babool; **San.** Babool; **Hin.** Babul; **Tel.** Nalla Tumma; **Tam.** Karuvelam; **Kan.** Babbuli; **Mar.** Babul; **Guj.** Bavul; **Ben.** Babla; **Ori.** Babule; **Ur.** Babul.

Zinzeber officinale Roscoe.: **Eng.** Ginger; **San.** Šunti; **Hin.** Soont; **Tel.** Sonti; **Tam.** Sukku; **Mal.** Chukka; **Kan.** Sonti; **Mar.** Soont; **Guj.** Soont; **Pun.** Sund; **Ben.** Sunt; **Ori.** Sunthi; **Ur.** Soont.

(iii) Use a slender stem of Jambu tree (*Eugenia jambolana* Lam.) to clean your teeth daily to strengthen the moving teeth.

Eugenia jambolana Lam.: **Eng.** Black Plum; **San.** Jambu; **Hin.** Jamun; **Tel.** Neredu; **Tam.** Aruguam; **Mal.**

Naga; Kan. Neralu; Mar. Jambul; Guj. Jambu;
Ben. Jam; Ori. Jame; Ur. Jamun.

89. Sun Stroke:

(i) Apply the juice of Onions (*Allium cepa* L.) on the temporal region and on the chest to get relief from Sun Stroke.

Allium cepa L.: Eng. Onion; San. Palandu; Hin. Piyaz;
Tel. Nirulli; Tam. Irulli; Mal. Bawang; Kan.
Nirulli; Mar. Kanda; Guj. Dongari; Ben. Piyaj;
Ur. Piyaz.

(ii) Massage the feet and palms of the affected person with Goats milk.

(iii) Add Lemon juice (*Citrus medica var acida* Watt.) and required amount of Salt to cold water and drink frequently.

Citrus medica var. acida Watt.: Eng. Acid Lime; San. Nimbuka; Hin. Umbu; Tel. Nimma; Tam. Ambu;
Mal. Danta Hashkam; Kan. Limbe; Mar. Limbu;
Guj. Nimbu; Ben. Camral Nebu; Ori. Nimbu; Ur. Limon Kaghzi.

(iii) Mix riped Tamarind (*Tamarindus indica* L.) with water, add little salt and give.

Tamarindus indica L.: Eng. Tamarind; San. Amlika
Hin. Imli; Tel. Chinta; Tam. Puli; Mal. Puli; Kan

Huna Semara; **Mar.** Amlī; **Guj.** Amlī; **Pun.** Imli;
Ben. Nuli; **Ori.** Omlika; **Ur.** Imli.

■ 10. Teeth Carries:

(i) Burn the Cotton seeds (*Gossypium herbaceum* L.) and prepare black powder. Clean the teeth with this powder to expel the germs.

Gossypium herbaceum L.: **Eng.** Indian Cotton; **San.** Karpasa; **Hin.** Kapas; **Tel.** Patti; **Tam.** Karbasam; **Mal.** Karddas; **Kan.** Hatti; **Guj.** Kapas; **Pun.** Rui; **Ben.** Tula; **Ori.** Kardas; **Ur.** Rui.

(ii) Drop the juice of 'Prickly chaff flower' leaves (*Achyranthes aspera* L.) in the ear to destroy the germs and get relief from pain.

Achyranthes aspera L.: **Eng.** Prickly Chaff Flower; **San.** Apamarga; **Hin.** Chichra; **Tel.** Uttareni; **Tam.** Nayurivi; **Mal.** Katalati; **Kan.** Uttarane; **Mar.** Aghara; **Guj.** Acheda; **Ben.** Apang.

91. Teeth Removal:

Apply extracted juice of 'Bright Luffa' (*Luffa echinata* Roxb.) fruits around the moving teeth and keep for some time, to remove it easily.

Luffa echinata Roxb.: **Eng.** Bristly luffa; **San.** Devadali; **Tel.** Davara Dangi; **Kan.** Devadangar; **Mar.** Deva Dali; **Guj.** Kukara Vel; **Ben.** Deyataya; **Ur.** Kukara bel.

92. Thread Worms:

Give the powder of Neem seeds (*Azadirachta indica* A. Juss.) in the dose of one gram covered with three Betel leaves, (*Piper betle* L.) once a day to destroy Thread worms in the Stomach and Intestines.

Azadirachta indica A. Juss.: Eng. Neem Tree; San. Nimba; Hin. Nim; Tel. Vepa; Tam. Vembu; Mal. Veppu; Kan. Berinamar; Mar. Nimba; Guj. Limbado; Ben. Nim; Ur. Neem.

Piper betle L.: Eng. Betel Leaf; San. Nagavalli; Hin. Pan; Tel. Tamalapaku; Tam. Thambulam; Mal. Thambulam; Kan. Thambulam; Mar. Pan; Guj. Nagurvil; Ben. Pan; Ori. Chhenchi Pane; Ur. Pan.

93. Tonsillitis:

(i) Apply the juice of Mango leaves (*Mangifera indica* L.) with a cotton swab over the swollen Tonsills.

Mangifera indica L.: Eng. Mango Tree; San. Amra; Hin. Am; Tel. Mamidi; Tam. Iradam; Mal. Mavu; Kan. Rasala; Mar. Amba; Guj. Amri; Pun. Am; Ben. Am; Ori. Ambe; Ur. Amba.

(ii) Apply the juice of Onions (*Allium cepa* L.) in the same manner over the swollen Tonsills.

Allium cepa L.: Eng. Onion; San. Palandu; Hin. Piyaz; Tel. Nirulli; Tam. Irulli; Mal. Bawang; Kan. Nirulli; Mar. Kanda; Guj. Dongari; Ben. Piyaz; Ur. Piyaz.

94. Urinary Stones:

(i) Boil half kilogram of Green Gram (*Phaseolus aureus* Roxb.) in a litre of water and drink the supernatant liquid regularly to expel the stones from Urinary track.

Phaseolus aureus Roxb.: Eng. Green Gram; San. Mudga; Hin. Moong; Tel. Paccha Pessara; Tam. Pachai Payara; Mal. Mug; Kan. Hesaru; Mar. Mug; Guj. Lila Mig; Pun. Mungi; Ben. Harimung; Ori. Dalamug; Ur. Mung.

(ii) Take 3 grams of powdered Indian Beech seeds (*Derris indica* Bennet.) mixed with 50 to 60 ml of Cow's milk regularly to expel the Urinary stones.

Derris indica Bennet: Eng. Indian Beech; San. Karanja; Hin. Karanj; Tel. Kanuga; Tam. Keliyam; Mal. Punnu; Kan. Karanja; Mar. Karanj; Guj. Karanj; Ben. Karanja; Ori. Karanje Awah; Ur. Karanjh.

(iii) Mix equal quantities of Impure Carbonate of Potash (JAVAKHAR) and Jaggery. Take ■ grams a day for a period of one week to expel the stones. Take the juice of Ash colored Gourd (*Benincasa cerifera* Savi.) along with this medicine for instant result.

Banincasa cerifera Savi.: Eng. Ashgourd; San. Koosh-manda; Hin. Potha; Tel. Budida Gummadi; Tam. Pusha Nikai; Mar. Kohala; Guj. Bhurum Kohalum; Ben. Kumuda; Ori. Chalkumra.

(iv) Burn the Neem leaves (*Azadirachta indica* A. Juss.) and take the ash in the dose of $1\frac{1}{2}$ gram, two times a day mixed with one day old Water regularly to dissolve and expel Urinary stones.

Azadirachta indica A. Juss.: Eng. Neem tree; San. Nimba; Hin. Neem; Tel. Vepa; Tam. Vembu; Mal. Veppu; Kan. Berinamar; Mar. Nimbu; Guj. Limbado; Pun. Nimb; Ben. Nimba; Ur. Bakayana.

(v) Grind the root of Malati (*Aganosma caryophyllata* G. Don) collected in summer and prepare the paste. Boil 25 grams of paste in 200 ml. of Milk and drink early in the morning regularly.

Aganosma caryophyllata G. Don.: Eng. Malati; San. Malathi; Hin. Malati; Tel. Malati; Mal. Cherupaval; Kan. Malati Latha; Mar. Malathi; Guj. Malati; Ur. Malati.

(vi) Take 1 to 2 grams of Syrian Rue Seeds (*Peaganum harmala* L.) with water early in the morning regularly.

Peaganum harmala L.: Eng. Syrian Rue; Hin. Harmal; Tel. Seema Gorinta; Tam. Simai Yalavinai; Kan. Sime Goranti; Guj. Ispun; Pun. Hurmu; Ben. Isband; Ur. Ispand.

(vii) Mix (6 ml.) the leaf juice of Sprout leaf plant (*Kalanchoe pinnata* Pers.) with Butter (13 gms.) and take regularly to get relief from Urinary stones.

Kalanchoe pinnata Pers.: Eng. Sprout leaf plant; San. Parna Bija; Hin. Zakhmh Aiyat; Tel. Seema Zemudu or Datri Bijum; Tam. Runa Kalu; Mal. Elamarunga; Kan. Connava Dakana Gada; Ben. Koppaja; Ur. Chubeha Yaj.

(viii) Mix 25 grams of Sunflower root powder (*Helianthus annus L.*) with one litre fresh Butter milk and drink regularly.

Helianthus annus L.: Eng. Sun Flower; San. Surya Mukhi; Hin. Suraj Mukhi; Tel. Poddu Thirugudu; Mar. Suraj Makha; Guj. Suraja Mukhi; Ben. SurjaMuki; Ur. Suraja Makkhi.

95. Vomitings:

(i) Take 1 to 2 grams of Round Zedoary powder (*Hedychium spicatum Ham-ex Smith.*) with honey, frequently until the Vomitings are controlled.

Hedychium spicatum Ham-ex Smith.: Eng. Round Zedoary; San. Sati; Hin. Shati; Tel. Kachooralu; Kan. Gandha Shati; Mar. Kapura Kachari; Guj. Kapur Kachari; Pun. Ban kila; Ben. Arna; Ur. Kapura Kachara.

(ii) Corn prepared with Paddy (*Oryza sativa L.*) is mixed with equal amount of Sugar and powdered. The powder is taken frequently mixing with honey. Green-gram (*Phaseolus aureus Roxb.*) is boiled in double quantity of water and the supernatant fluid is taken intermittently, with it for better results.

***Oryza sativa* L.:** Eng. Paddy; San. Dhanya; Hin. Dhan; Tel. Vari; Tam. Arisi; Mal. Ari; Kan. Akki; Mar. Tandula; Guj. Chokha; Pun. Tai; Ben. Chal; Ori. Chaul.

***Phaseolus aureus* Roxb.:** Eng. Green Gram; San. Mudga; Hin. Moong; Tel. Pessara; Tam. Pachai payara; Kan. Hesaru; Mar. Mug; Guj. Lila Mug; Pun. Mungi; Ben. Harimung; Ori. DalaMug; Ur. Mung.

(iii) Mix Sandal Wood powder (*Santalum album* L.) (1 to 2 grams) with Indian Goosberry juice (*Emblica officinalis* Gaertn.) and take three times a day to control vomitings due to excessive heat.

***Santalum album* L.:** Eng. Sandal Wood; San. Sveta Chandan; Hin. Chandan; Tel. Sree Gandham; Tam. Chandanam; Mal. Chandanam; Kan. Sree Gandam; Mar. Chandan; Guj. Sukhud; Pun. Chandan; Ben. Chandan; Ori. Chendone; Ur. Sandal Safed.

***Emblica officinalis* Gaertn.:** Eng. Emblica Myrabolon; San. Aamalaki; Hin. Amla; Tel. Usirika; Tam. Amalagam; Mal. Nelli; Kan. Nelli; Mar. Avala; Guj. Amla; Pun. Ambli; Ben. Amla; Ori. Khen-dona; Ur. Anwala.

96. White Discharge in Women:

(i) Grind the seeds of Indian Goosberry (*Emblica officinalis* Gaertn.) (2 grams) with water and add required amount of Crystal Sugar. This medicine is taken once in ■ day for ■ period of 40 days.

Emblica officinalis Gaertn.: Eng. Indian goosberry; **San.** Aamalaki; **Hin.** Amla; **Tel.** Usiraka; **Tam.** Amalagam; **Mal.** Nelli; **Kan.** Nelli; **Mar.** Avak; **Guj.** Amla; **Pun.** Ambli; **Ben.** Amla; **Ori.** Khen-dona; **Ur.** Anwala.

(ii) Boil Horse gram (*Dolichos biflorus L.*) in water and take the supernatant fluid daily.

Dolichos biflorus L.: Eng. Horse gram; **San.** Kulaththa; **Hin.** Kulthi; **Tel.** Ulavalu; **Tam.** Kollu; **Mal.** Muthura; **Kan.** Hurali; **Mar.** Kulthi; **Guj.** Kalathi; **Pun.** Guar; **Ben.** Kurtikalai; **Ori.** Kulati.

(iii) Mix 30 ml. of Ivy gourd leaf juice (*Coccinia indica W. & A.*) and 3 grams of Cumin seeds powder (*Cuminum cyminum L.*) and take two times a day to control white discharge in women.

Coccinia indica W. & A.: Eng. Ivy gourd; **San.** Bimbi; **Hin.** Dhimb; **Tel.** Dondateega; **Tam.** Kovoi; **Mal.** Kova; **Kan.** Tondeballi; **Mar.** Bimbi; **Guj.** Galludda; **Ben.** Bambu; **Ur.** Kunduru.

Cuminum cyminum L.: Eng. Cumin; **San.** Jiraka; **Hin.** Zira; **Tel.** Jilakarra; **Tam.** Shiragam; **Mal.** Jirakam; **Kan.** Jirange; **Mar.** Jiregare; **Guj.** Jiru; **Ben.** Jira; **Ur.** Jirah.

97. White Hair:

(i) During 'Aasvija Maasa' (September - October)
Take 1 to 2 grams of Chebuling Myrobilon powder (*Ter-*

terminalia chebula Retz.) two times ■ day with honey to blacken the White hair.

Terminalia chebula Retz.: Eng. Chebulic myrobilon; San. Haritaki; Hin. Harra; Tel. Karaka; Tam. Kadukkai; Mal. Katukka; Kan. Arale; Mar. Habra; Guj. Hirdu; Pun. Harrar; Ben. Haritake; Ur. Karedha.

(ii) The flowers of Sagedeared Alangium (*Alangium lamarckii Thwaites.*) 'Bhangra' (*Eclipta alba Hassk.*) and the tubers of Water Lilly (*Nymphaea alba L.*) ■■■ taken in equal quantities and grounded into paste. The paste is added to double the quantity of Gingily oil (*Sesamum indicum L.*) and boiled ■■ mild fire slowly until the moisture ■ evaporated. The oil is allowed to cool and filtered. This oil ■ applied to the body and head regularly to ■■ black hair.

Alangium lamarckii Thwaites.: San. Ankola; Hin. Ankola; Tel. Uduga; Tam. Alangi; Mal. Ankolam; Kan. Ankola; Mar. Ankol; Guj. Ankola; Ben. Angkula; Ori. Ankulo; Ur. Ankola.

Eclipta alba Hassk.: Eng. Bhangra; San. Bhrunga Raja; Hin. Bhangra; Tel. Gunta Galagara; Tam. Kaikashi; ■■■ Kurumak Jantam; Kan. Karagada Suppu; Mar. Bangra; Guj. Bhangra; ■■■ Keshori; Ori. Kesarda; Ur. Bhangra.

Nymphaea alba L.: Eng. Lotus Lilly; Tel. Kaluva.

(iii) Extract oil from equally mixed seeds of Garden Night Shade (*Solanum nigrum* L.) and Black Gingily (*Sesamum indicum* L.). Apply the extracted oil to head regularly to ■■■■ white hair and get relief from head aches.

Solanum nigrum L.: Eng. Black Night Shade; San. Kakamachi; Hin. Gurkamai; Tel. Kamanchi; Tam. Manattakkali; Mar. Ghati; Guj. Piludi; Pun. Kachmach; Ben. Gurkamai; Ur. Makeya.

Sesamum indicum L.: Eng. Gingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Kan. Yellu; Mar. Tila; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

98. White Patches:

Apply the juice of Jiquerity leaves. (*Abrus precatorius* L.) ■■ the White patches daily.

Abrus precatorius L.: Eng. Jiquerity; San. Gunja; Hin. Chirmiti; Tel. Gurivenda; Tam. Adingam; Mal. Kunni; Kan. Guruganji; Mar. Gunchi; Guj. Gunja; Ben. Gunch; Ori. Gunja; Ur. Ghunchi.

99. Whooping cough:

(i) Give 1.5 grams of genuine Coconut oil (*Cocos nucifera* L.) to children regularly ■■ control the Whooping cough.

***Cocos nucifera* L.:** Eng. Coconut; San. Narikela; Hin. Narial; Tel. Kobbari; Tam. Edagam; Mal. Narike-lam; Kan. Kobbari; Mar. Narela; Guj. Nariel; Ben. Narikel; Ori. Langoli; Ur. Nariyel.

(ii) Give one gram of powdered Pomegrenate fruit cover (*Punica granatum* L.) to children suffering from whooping cough.

***Punica granatum* L.:** Eng. Pome Graneta; San. Dadima; Hin. Dhalim; Tel. Danimma; Tam. Madulam; Mal. Dadimam; Kan. Dalimbe; Mar. Dalimba; Guj. Dadam; Ben. Dalimgachh; Ori. Dalimbe; Ur. Anarmitha.

100. Wounds:

(i) ~~Mix~~ fine powder of Black Babool tree bark (*Acacia arabica* Willd.) with Gingily Oil (*Sesamum indicum* L.) and apply on the wounds. Wound difficult to heal will be cured with this medicine.

***Acacia arabica* Willd.:** Eng. Black Babul; San. Babbul; Hin. Babul; Tel. Nalla Tumma; Tam. Karuvelam; Mal. Karuvelam; Kan. Babbuli; Mar. Babul; Guj. Baval; Ben. Babla; Ori. Babule; Ur. Babul.

***Sesamum indicum* L.:** Eng. Gaingelly; San. Tila; Hin. Til; Tel. Nuvvulu; Tam. Yellucheddi; Mal. Karellu; Kan. Yellu; Mar. Tila; Guj. Mithutel; Pun. Til; Ben. Sumsum; Ori. Khasa; Ur. Til.

(ii) Wash the wound with the decoction of Liquorice roots (*Glycyrrhiza glabra* L.) for early healing.

Glycyrrhiza glabra L.: Eng. Liquorice; San. Yastimadhu; Hin. Jethimadh; Tel. Yashtimadhukam; Tam. Adimaturam; Mal. Adimadhuram; Kan. Ayash-timaduka; Guj. Jethimadhi; Pun. Palasus; Ben. Jashtimadhu.

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Certain Market Drugs and their Trade Names

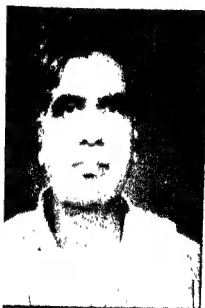
<i>Abrus precatorius</i> L.	Gunja Bheej or Gumchi
<i>Adenanthara pavonia</i> L.	Badi Gumchi
<i>Allium cepa</i> L.	Piyaaaz
<i>A. sativum</i> L.	Lahtsan
Alum	Phitkari
<i>Azadiracta indica</i> A. Juss.	Necm, Necm or Tel
<i>Brassica Campestris</i> var. <i>sarson</i> Frain	Safed Sarson
<i>B. Juncea</i> L.	Sarson, Sarson or Tel
<i>Butea frandosa</i> Koen ex. Roxb	Palaash
Camphor	Kapoor
Carbonate of potash	Java Khar
<i>Carum capticum</i> Benth & Hook	Ajowan
<i>Celastrus paniculatus</i> Willd	Mal Kanguni
<i>Cinnamomum tamala</i> Nees & Ebern	Tejpath
<i>C. Zeylanicum</i> Blume	Dalchini
<i>Cocos nucifera</i> L.	Kopra, Kopra or Tel
<i>Coriandrum sativum</i> L.	Dhaniya
<i>Cuminum cyminum</i> L.	Safed Jira
<i>Curculigo orchloides</i> Gaertn	Musli
<i>Curcuma longa</i> L.	Haldi
<i>Dolichos biflorus</i> L.	Kulthi
<i>D. lablab</i> L.	Lobiya
<i>Ferula foetida</i> Regel	Heeng
<i>Foeniculum vulgare</i> Mill	Sounf Ka Tel
<i>Glycyrrhiza glabra</i> L.	Jetmadh
<i>Hedychium spicatum</i> Hamm & Smith	Kapoor Kachli
<i>Holarrhena antidysenterica</i> Wall	Indrajav, Kura
<i>Hordeum vulgare</i> L.	Barley

<i>Hydnocarpus wightiana</i> Blume	Chalmogra Ke Bheej
<i>Hyoscyamus niger</i> L.	Khurasani Ajowan
Menthol	Pudina Ka Phool
<i>Peaganum harmala</i> L.	Harmal
<i>Phoenix dactylifera</i> L.	Khazoor
<i>Piper cubeba</i> L.	Kabab Chini
<i>Psoralea carylifolia</i>	Bavachi
Rock Salt	Saindha Namak
<i>Santalum album</i> L.	Chandan
<i>Sapindus emarginatus</i> Vahl.	Rita
<i>Saussurea lappa</i> C.B. Clarke	Kooth
<i>Samocarpas anacardium</i> L.F.	Bhilaava
<i>Sesamum indicum</i> L.	Til
<i>Solanum nigrum</i> L.	Makoi
<i>Strychnos nux vomica</i> L.	Kuchala
<i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perty	LAUNG
<i>Terminalia chebula</i> Retz.	Harada
<i>Vetiveria zizanioides</i> L. Nash	Khas Mool
<i>Zingiber officinale</i> Roscoe	Sonth

All these drugs are readily available in the market. In certain places few of these drugs may also be collected directly from the field.

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About Author



'Vanaushadhi Samrat' Sri Balaraj Maharshi is born in Aakiveedu village, West Godavari District of Andhra Pradesh on 20-12-1917, Thursday. Parents named him as Rudraraju Narasimha Raju. Since childhood he is fond of learning "Harikatha Vidhana" due to his inherent devotion for God. In search of a Guru he left his home at the age of fourteen years. By the grace of God he met with Sri Rajananda Maharshi and followed him in to deep forests of Assam. Fourteen long years spent with his guru provided him an opportunity to learn Ayurveda and he is known as Balaraj Maharshi.

To follow his master's directions he started free Ayurvedic treatment travelling all over India and became famous as an expert Ayurvedician and an eminent Herbalist. He has also travelled to many countries like America, Africa, Brazil, Holland, Canada and Australia and generated taste for Ayurveda among Western populace. 1986 Govt. of Brazil has appointed him as the advisor for Ayurveda.

He is extending his services to the Tirumala Tirupati Devasthanams as the advisor for Ayurveda. Several Ayurvedic medicines are manufactured under his guidance at Srinivasa Ayurveda Pharmacy situated at Srinivasa Mangappuram near Tirupati. These medicines are freely distributed to the patients under the scheme of 'Vanaushadi Vitarana Yagnam'.

This small book is aimed to depict the God gifted and self experienced, extensive Ayurvedic knowledge of Sri Balaraj Maharshi to one and all.

